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Registered by
Australia Post
Publication No. VACO 405

ISSN 0310-2890

For down to earth people

No. 93

OCT/NOV 1992

•
**SAVE HEAPS
TRY**

•
Organic Growing

•
**Home
Remedies**

•
Preserving Eggs

•
**Recycling
Houses**

•
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•
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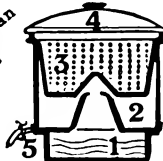
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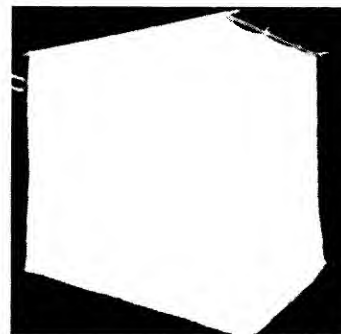


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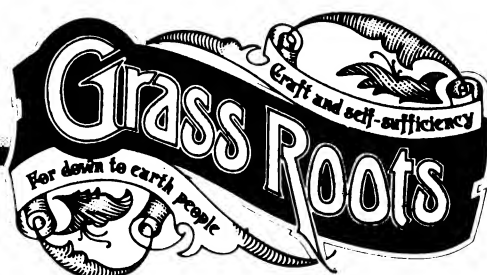
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Front Cover: The spring months are the preferred time for rearing chickens and whether you allow the broody hen to do the nurturing or you raise them in a homemade brooder, there are many tips for making the job easier. Turn to page 27 for advice on rearing healthy chickens. Pictured is Rebecca Ware of Avenel, Vic with a placid hen and chicks.

Back Cover: John Stille of Ashmore in Queensland on the Fergie tractor at the end of a busy weekend's work. Although the shed in the background was originally put up to house the tractor and slasher, it doubled as an extra room when the Stilles were living in a caravan and building their house. Read how this productive couple have integrated weekday employment and weekend farming on page 12.

Distributed by Gordon and Gotch.

Feedback Link-Up Feedback

Dear Grass Roots,

Some information about TEA TREE OIL which may be of interest to other GR readers, as well as Penny Ferguson (GR 90) who was concerned at price variations. Tea tree oil, more than other Australian antiseptic oils (eg. eucalyptus), is marketed in a variety of different strengths. In fact, what you pay for is what you get!

For general supermarket distribution, the oil is diluted with other neutral oil bases and the price is adjusted downwards. However, 100 percent oil is expensive!

Purchasers need to read the labels carefully to be sure they are getting what they want. For example, dilute tea tree oil is OK for general household antiseptic and cleaning purposes, but 100 percent oil is better for cleaning cuts and scratches. If you intend using the oil in creams and soaps, as we do, then obviously 100 percent oil makes sense because you would need to add more of the diluted product to get the desired effect. Health food shops stock several brands of tea tree oil in varying concentrations, and water-soluble preparations as well, so check before buying.

**Marion Boetje, Forest Edge
C/- PO, BROOWEENA 4620.**

Dear Megg & Mary,

Thank you for a wonderful magazine, which never fails to interest, stimulate and re-activate young and old alike. We write concerning our latest love. WORMS! Three articles were published in GR 91, which really did get us all fired up and going again. We congratulate the writers for their excellent articles fully covering their subjects. As a result of the information given and our own exhaustive enquiries concerning supply, we have already made a start into this simple but ecologically sound and beneficial project. However, we are looking for information concerning the LARGER TYPES OF WORMS such as the 'night crawler', 'African crawler' or similar species with a view to possible supply of same. Should anyone wish to share our early



Edited by Megg Miller and Mary Horsfall.

Published by Night Owl Publishers Pty Ltd, Box 242, EUROA 3666.
Advertising enquiries ph: 057-947-256.

Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

Cover design and artwork by Ian Boyd.

The publishers and staff of *Grass Roots* take great care in selecting and verifying all material that appears in the magazine, but do not necessarily share the views expressed in letters and articles, nor do they accept responsibility for the accuracy of statements made by the many contributors.

Printed by Westermport Printing P/L, 44 Station St, Koo-wee-rup 3981.
Ph: 059-971-888.

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experience or be able to contribute with any further information they may have, or supply the larger variety of worm we seek, we would be very happy to hear from them. All letters answered promptly.

**Bill & Debbie Eldridge
Kann St, HADEN 4352.**

Dear Grass Roots Readers,

A bit more about DOG DEFENCE. My article in GR No 89 was well received, but I did get one letter from a concerned reader pointing out that children may see this idea as an opportunity for 'target practice', forcing a dog to a more aggressive retaliation. It is true that I did not consider children, who happen to be the most at risk from unruly dogs. I was writing from my own experience as an adult. This is rather serious so I want to stress that dog defence should be nonviolent – throwing a stone is the last straw after everything else fails, and for children that includes walking away as fast as possible. However, as mentioned in the article, the confrontation very rarely gets this far anyway.

I think the case of 'man versus dog' has been fairly well proven in my experience, but if it's 'child versus dog' it would be safer to stay well clear of the animal.

**Reg Smith
WALLSEND 2287.**

Dear Grass Roots,

I am a freelance photographer very interested in documenting the 'Permaculture Revolution' from a participant observer view. I wish to spend a period of approximately six months this year (1992) living in a community/town whose 'roots' are established in the ideals of the permaculture lifestyle. I wish to learn about this lifestyle, contribute to the community's day-to-day running and at the same time document with my camera my surrounding environment. This six months period of work would be the basis for a more detailed study that I wish to complete next year (1993) as a post-graduate student of photography.

I would be very interested to hear from you of the names of communities/towns that may be able to accommodate my proposal. My ideas are not as yet fully developed but in the future I hope to establish a body of work that would be of interest to all supporters of *Grass Roots* and to many other people who do not as yet know of publications such as yours! Your assistance in helping my dream come true would be greatly appreciated.

**James Campbell
2 Brooks St, WALLSEND 2287.**

Dear Grass Roots,

On page 8 (GR 90) Irene talked about her baby being treated with cortisone. She should immediately stop giving it. The cause of the eczema is a LIVER DYSFUNCTION. She should put some Stannum ointment 0.4 percent (Weleda) on the liver region every night and give one Hepatodoron tablet per day (also Weleda) in his food.

**J A deWilde
Sinaasappelstraat 121
NL-2564 EP Den Haag, NEDERLAND.**

Please consult a qualified naturopath before trying any treatment on your baby.

Dear GR People,

Our home is on six acres of 'Eden' type land. Our irrigated fruit trees bear fruit all year round. The sun shines through the stained glass windows onto the combustion oven and jam is slowly cooking. Lovely! We often have cuppas on an old fallen log, as water flows beneath us from our creek. The good times we've had here, the native birds and wildlife that have become our friends, I will miss them all. Work commitments mean we must leave. However the thing that hurt the most was the real estate agents' attitude. They loved the house and said, 'It'll sell like hot cakes.' Then their jaws drop and their eyes glaze over and we never see them again. Why? Is it next to a toxic waste dump? No. Has it got some contagious disease? No. Our home's terrible fault? It's solar powered. Electricity is available but we choose not to have it, and as such are seen as kooks or hippies when really we just care for our earth.

**Bronwyn Beattie
Harmony Haven, GUNALDA 4570.**

Feedback Link-Up Feedback

Dear GR Readers,

Recently a number of readers have written wanting information on METHANE DIGESTERS. A methane digester is an airtight pit in which animal droppings (including human) and vegetable matter are broken down with water to form methane gas. Research has shown that a family of two will require about one cubic metre of gas per day for cooking and lighting. It is also recommended that each cubic metre of pit will produce 0.15 cubic metre of gas per day in summer and 0.1 cubic metre in winter, so you would have to size your pit to suit your requirements.

It is also recommended that for two or less people no more than three cubic metres is advisable, for five people no more than two cubic metres per head (or bottom), however with careful management this can be exceeded by adding extra manure and vegetation other than your human wastes and kitchen wastes but don't overdo it.

A word of warning: if you want to use the sludge produced from the byproducts of the pit you should scoop it out and lay it in an area in the sunlight for 12 months before applying it to your vegetables but it's alright to apply to your fruit trees immediately.

If you want a design or more information please don't hesitate to write. An excellent book on digesters is *A Chinese Biogas Manual* edited by Ariane Van Buven, published by Intermediate Technology Publication Ltd.

Don Reynolds

Lot 5, Green Gully Rd, MUDGEE 2850.

GOOD ADVICE FROM 92 FOR '92

The 'Grass Roots' Feedbacks give good advice,
On how to keep feet warm and head cool as ice,
To keep eyes wide open and mouth shut tight
When moving to our new state site.
When we set up our 'Grass Roots' club,
We'll keep it up wind from our Dub (two-holer loo).
What in our new bathroom would look neater,
Than that Simpson old chip heater?
LET'S trade all those 'bits and bobs',
And hire that caretaker to do odd jobs.
We'll buy those guinea fowl to eat our ants,
And try that honey care for those 'wet' pants.
On that hand operated shredder we'll swoop,
We'll turn our giant pumpkins into soup.
Let's make that buckwheat porridge now,
And plant a fodder hedge to feed our cow.
And when Bonny May is born to us,
We'll locate that low budget house.
Where stick-fast fleas their distance keep,
And those plague mice forget to wash their feet.
We'll plan to build that spiral staircase,
And make some goat milk soap to cleanse our face.
We'll send our kids to Steiner Schools
And keep to the permaculture rules.
We'll feed our cow's milk to calves not kids,
And sell our kero fridge for quids.
We'll meet up with Diane and Charlie Clarke,
And climb those Canadian Rockies for a lark.
We'll take some limes and homemade cheese,
Humbugs and cough cakes and antifreeze.
But ere we fly away from here,
I'll make that batch of ginger beer.
When our possum's coat starts shedding fur,
We'll return to our permaculture.
We'll pay again our Grass Roots sub,
And join the Feedbacks at that Grass Roots club.

Edna Wrighton.

13 Surrey St, HAWTHORNDENE 5051.

Dear GR Folk,

Do you have land and want to build a VERY CHEAP HOUSE? You must buy *Low Cost Country Home Building*, by Hale & Remonger, \$9.95, written by architects from Sydney University. It

covers council and building regulations. There are 6000 alternative style homes built at Lismore, NSW and 2000 around Byron Bay.

I'd like to hear from mothers of HEARING IMPAIRED CHILDREN and also those interested in WIRES. Finally, I know a great second-hand shop for things GR folk might want. Ask me.

Mrs Dorothy Weymiers
'Lou-Anna', Norlembah Est
Frog Rock, MUDGEE 2850.

Dear Grass Roots,

The last few years I've spent virtually all my spare time building a STONE COTTAGE on acreage in central Victoria. As the project nears completion it looks as though I will have the opportunity to celebrate my 28th birthday under my own roof. I would love to meet with fellow GR minded people in and around my area and hopefully develop some long-lasting friendships. I would also be happy to provide any building advice to anyone contemplating this huge but rewarding task of building their own home.

Patrick Barr

19 Alma Rd, MARYBOROUGH 3465.

Dear Fellow Grass Rooters,

We are interested in moving to either the SUNSHINE COAST HINTERLAND or north Queensland (no further than the Tablelands). Can anyone help with the following regarding these areas? Cost of 20 acres plus - not heavily treed, cost of living/building, transport of produce to Sydney - cost and time taken, availability of water. I realise these questions are not very specific, but I just need some general ideas as a starting point. Any information would be greatly appreciated.

Keryn Woolmer

Lot 38, Amber Cr, JIMBOOMBA 4280.

Dear GR People,

Is there anyone out there who has a PROPERTY THEY NEED TENDED and caretaken by two Christians? Michael and I are now living on the land and the house is rapidly leaning to the south east due to termites. The owners don't care if it falls down. The consequent gaps allow millions of flies in, as it's dairy country. There isn't any hot water, shallow baths are just not enough to warm me. I have caretaken two other properties and can write for references if required. Michael is wonderful at repairing, gardening and so much. I am a tidy person and I love growing herbs, flowers and unusual vegetables and fruit.

Also, anyone who would like to swap seeds - I have marigolds, cosmos, various pumpkins and squash as I'm endeavouring to build up an interesting seed collection again. We can also obtain a reference from where we live now. Any Christians who have any tapes we can borrow to listen to we'd appreciate them very much, especially David Wilkerson, *Passing Under The Rod* and Helen Iveckavitch, *Personal Testimony*. Thank you.

Juanita Ellis

133 Glen William Rd, CLARENCE TOWN 2321.

Dear Friends,

I need help. I want to do a course on HERBAL MEDICINE, mainly for the family. I have written to numerous correspondence courses, some quite affordable and others totally ridiculous. Now I have heaps of information and am totally confused, which one do I enrol in? Please, if anyone has a course to recommend or any suggestions of a good course for me to do, write and tell me all about it before I lose interest. Thanks.

Paula

C/- PO, SOFALA 2795.

Dear Grass Roots,

I haven't written before and we've only been readers for one year. We too have a dream of moving to the country and have in mind Echuca because it's near my family. I would love to hear from anyone who lives in or near ECHUCA to find out more about the town and what is available in the area. We're also looking at kit homes and any ideas or suggestions in that area would be appreciated. We have 3 children aged 8, 6 and 3.

Trish and Jeff Ebert

30 Lindsay Ave, VALLEY VIEW 5093.

Feedback Link-Up Feedback

Dear Grass Roots,

The winter evening has fallen fast and I'm tucked in with the fire going. I've cut up the batch of soap I made last night, eaten some of the apple crumble, and got all the things ready to take to town tomorrow as another week gets under way. This week we are hosting the Australian Army Band (Melbourne) and so all the doonas, blankets, pillows, and mattresses we can muster must be in at school so all forty-two can sleep in comfort for the two nights of their stay. My children have all gone away now so I have a few spares to lend too. We have a great band organisation here now, with three levels; beginners, intermediate, and senior band, and it has been one of the best learning experiences I can remember. Learning in a group is a great thing and our combination of adults and school children is good for all of us. I'm still in the intermediate band and have a lot of things to master on the clarinet yet, and when I do as much practice as our leader wants I guess I will get really moving.

The rest of KING ISLAND is undergoing almost as many upsets and changes as I am in my own life: empty nest, mid-life, and under-employment, but we all keep moving ahead somehow. I thought about selling up and moving to town, but decided I couldn't sell myself, which is what my house is, so now I just have to get along as best as I can. I have had a lot of odd jobs offered, and the occasional farm minding stints fill in the rest, so I have not had to go against too many principles to survive. I have learned to operate my chainsaw, whipper snipper and mower (when it will start) and so am not missing those jobs my son used to do too much. There are still all sorts of things that need to be done around the house and garden. I even bought the old bus I used to drive as a school bus sometimes, and have turned it into a respectable living area and sewing room, and I can go camping when and where I like.

I met the wonderful Lolo Houbein at the Stanley Arts Festival last year and she stayed with me for a few days on her way home, and then I went to stay with her at Middle Hill so we could go to the Adelaide Writers Week part of the festival this March. It was all a fantastic time and just another of my good GR inspired experiences. In fact I could boast that I too was in print and on sale in the shops of Adelaide at the time, as GR 89 had one of my poems!

Robyn Eades

RSD 119, Naracoopa, KING ISLAND 7256.

Dear Grass Roots,

Would the readers of GR please write me re knowledge of a CORRESPONDENCE COURSE for a boy in his first year of schooling. The Qld Education Department will only send lessons if the parents pay \$1000 per year for his education. This is not an isolated case and any information will be a wonderful thing.

T Newnham

PO Box 82, MT GARNET 4872.

G'Day Folks,

Please note our new address, we arrived here in late February about nine days before the cyclone. The day of the CYCLONE we moved into a caravan park at Moore park on the coast. It wasn't too bad as we moved into a small one bedroom unit-type accommodation. The height of the gale hit us at about 2 a.m., the fury of it all was incredible! I had never witnessed anything as strong as the cyclone before. Our four children, slept through the entire thing. The next morning was a scene of devastation as you could imagine. Fortunately the damage was restricted to the vegetation, not even a broken window in the park. We were cut off from Bundaberg through flooding for three days. The amount of tree damage throughout the area, and small crop damage, was incredible. The local tip had a five acre site twenty metres high within a week, with the trees and shrubs brought down during the storm.

Gary & Cheryl Lyons

33 Maryborough St, BUNDABERG 4670.

Dear GR Readers,

'When the hard times that are coming, come...' How often do words like these appear in *Grass Roots*' articles and letters, and I wonder exactly what they mean. The HARD TIMES are already here for a lot of people I think, and for other people the hard times never went away since the last hard times of the 1930s. I was a child then and thought it was normal for people to live in houses with minimal furniture in

them. My bedroom had a camp stretcher in the middle of the room and that was it, furnished. Still, I knew that our neighbour had a piano and her only child took piano lessons, so I was aware that not everybody found the going quite as hard as my parents did. I never visited the home of a ragged schoolmate who was one of seven children, so on the other hand I didn't know that I lived in comparative luxury because I had a room to myself at home.

Hard times are coming though, I keep reading, and I wonder if the hard times referred to are more ominous than the ones I knew. Do they refer to books I've read about worldwide disaster on the scale of a shift in the planet's equilibrium? In that case, sea tides could be expected to wash up against mountain sides along coastal areas. Is that why people write about selling up their well-established homes and going West, to start up somewhere else on dry bushland far away inland, scratching for a living on barren soil that needs years of expert care before it can produce?

If this is so, then I wonder if they are really thinking it through. It seems to me that no matter where we live, or decide to live, it makes sense to learn how to survive should the availability of modern goods and services dry up. This can happen when worldwide disasters strike; it can more likely happen to a lesser or greater degree when our money supply fails. So it is good that the ancient skills of preserving food and making one's own clothes and quilts and soap and shelter are being revived and preserved. In ordinary kitchen cupboards there lies a wealth of simple remedies. Catch the most minor injury or illness right at the start with what is at hand and effective, and chances are much improved that things won't become more serious. This is survival that begins where we are, even in the middle of a city or suburban block. If disaster of the monumental kind comes, then we are that much better prepared to start off life somewhere else.

I think the point I want to make is that no matter where we might happen to be, if and when 'hard times' come, survival as a human being does not lie in isolation. Think of any disaster situation that you might have been in at sometime, anything from a flood to a bushfire to even being in a stranded bus. Do people concentrate on looking after number one, just themselves or their own family? You bet they don't. Tribalisation begins to take place as if by natural instinct. Individuals who had never spoken a word to each other before, form into little groups; the groups clot together and make bigger groups. Within minutes, you have the beginnings of a tribe. There is even a mutual choosing of a tribal leader as eyes turn, again by apparent instinct, to a person sensed to be the most capable to lead, not always the biggest and strongest looking person there.

This surely is what survival is all about with human beings: forming the tribe. It doesn't mean that we have to give up our love of privacy and move into a commune if that isn't our preferred way. It doesn't mean that we have to pull down our hedges in the suburban street and be friendly with neighbours we don't particularly like.

And when a young couple is convinced that they'd feel safer if they sold up everything and bolted for the far bush with their children, would they really feel more secure way out in the middle of nowhere and nothing? Wouldn't it be more in the interests of their inexperienced survival if they chose a nice little town somewhere out in the bush and bought or rented a home there? Somewhere with access to the benefits of civilisation, schooling and medical care and a library and maybe work and further study facilities. And most of all, other people who will be there to tribalise with should fire or water reduce everybody to the status of basic humanity again.

Fear has a very mobilising effect in that it sweeps away the lines of straw that divide us. We reach out for the others of our kind regardless of how we felt about each other when times were good and normal. When we stick together, we survive.

**Jane Smith
KILSYTH 3137.**

Dear GR,

Please could a kind person from Tasmania send me some seeds of the TASMANIAN LEATHERWOOD TREE. Thank you.

**Barbara Edensor
PMB 31, PT LINCOLN 5607.**

Feedback Link-Up Feedback

HELLO FOLK,

Louisa of Albury (GR 90) wants to know how to make SOAP WITHOUT USING CAUSTIC SODA.

Soap can't be made without the use of a strong alkali. In the normal process the stearic (fatty) acid is converted to sodium stearate (soap) as follows: $\text{CH}_3\text{COOH} + \text{NaOH} = \text{CH}_3\text{COONa} + \text{H}_2\text{O}$. More simply: stearic acid (fat or oil) + sodium hydroxide (caustic soda) = sodium stearate (soap) + water.

I was a victim of homemade soap as kid in the bush during the war years. If you don't use enough caustic the stuff is greasy and just doesn't work. Consequently everyone ended up using a bit too much caustic and it did your skin no good at all. I make a practice of trying not to buy anything that I can make or grow but soap is a notable exception. Regarding the original question I believe that, before caustic soda was synthesised, soap was made by adding wood ash (which is alkaline) to the hot tallow. Louise might like to try this but I suspect that it would be pretty gritty. I have better uses for my wood ash which I would like to tell everyone about.

Tumbarumba Shire put on a good deal about a year ago whereby if you bought a plastic compost bin from them for \$20 they gave you a second bin free. Yes I know it sounds too good to be true but the spin-off for the shire is twofold. It reduces the amount of garbage to be collected and also improves the garbage tip (less smell, flies etc). To come back to the use for WOOD ASH: a regular sprinkling of the surface of the material in the bin with a thin layer of ash (remember it's alkaline) makes it far less attractive to flies and other unwanted critters and also provides nature potash fertiliser in the final product.

Now I'm looking for some help. Everyone reckoned I was crazy trying to grow ginger at a place where the temperature drops as low as - 5°C every year and sometimes gets down to - 8°C, but I have successfully grown it for the past three years. I use a bit in cooking, but what I really love is GLACE GINGER. Does anyone out there know how to make it?

Bill Higgins

RMB 423, TUMBARUMBA 2653.

Dear GR People,

In GR 78 was a letter from Tracy Watson, of Winchelsea. She would be interested to know that Rockhampton, Queensland, instituted a KERBSIDE COLLECTION SYSTEM for glass bottles and jars, aluminium and plastic, soft drink, milk and other bottles, and newspapers. Everything has to be clean and lids removed from jars and bottles. Householders are provided with a large bag which is returned for reuse and collection day is the same as our weekly wheelie bin collection day, although a separate truck is used for recyclables. What our council has done others can do also to conserve natural resources.

Rockhampton Recycler.

Dear GRs,

I was recently lent about 50 copies of GR and have been avidly reading ever since. As the magazines are only on loan I have several note books and am busily writing in all the information I might need or use. Colin Franklin's article on homemade cheese (GR 83) was good. One problem for me though, I have tried very hard without any success here in South Australia to obtain liquid rennet. I have used plain junket tabs -solid rennet. Don't use flavoured ones, the cheese tastes weird! Does anyone know where I can obtain LIQUID RENNET in South Australia and how much it costs? When I don't have enough funds for buying the junket tablets I boil a little milk with half a dozen fig sticks and then add to the warm milk.

In the same GR there are some HOREHOUND recipes for ale and beer. Can I grow hops in Murray Bridge? If so, where do I get the seeds or plants please? Also, does anyone have any recipes for horehound biscuits and horehound lollies? An American friend told me he used to buy the lollies (in America) to use as cold lozenges. The biscuit recipe is reputed to come from Queensland and was common in the 1850s to 1900s.

To Colin Westwood: This old granny is still plodding on with her half acre intensive farming-cum-gardening plot. The council found out about the cow though and I had to move her out.

I have had trouble obtaining honey from a hive on my plot. Can anyone advise me?

I keep seeing lots of names of groups that I have never heard of before. Can I suggest that occasionally they print just what they are about e.g. nudist, vegetarian, off beat spiritualism, a new sect, Christian, Christian sect, witchcraft, permaculture or whatever. It would help others like me to understand who they are and what their principles are.

Isobel Turner

53 Willow Ave, MURRAY BRIDGE 5253.

To All GRs,

My name is Vanessa and I live in Wollongong. Although it is a lovely place, apart from the disgusting polluting steelworks, my housemate and I are making the move. Simone and I are sick of the hustle and hysteria that is at our front door, we want out! So in essence we have decided to make the move to NW Tasmania, I promise all those who live around that vicinity that we will make a worthwhile contribution to your home, whatever that may be. I am writing this letter in hope that some people in NW TASMANIA may be interested in meeting us. We love surfing, using aromatherapy, gardening, herbal medicine, pottery, candlemaking, tie dying. However, most importantly we are really just interested in living life and would like to meet people with the same attitude. I am a teacher and Simone is a nurse and I am interested in learning more about the Steiner method of teaching, if there is anyone out there who could help. We are both vegetarians.

Vanessa Harries

25 Hillcrest St, WEST WOLLONGONG 2500.

Dear GR,

I'm a very concerned 'green' newsagent who has come across a rather large brick wall that I'm hoping I will be able to climb, dismantle or preferably 'recycle' with the help of your readers. So far we have been able to conquer most environmental problems occurring in our store's ecosystem. Where possible we sell recycled paper products (at discounted prices to attract non-greenies), we encourage bulk purchases, bags are only given out on request and we have an office paper recycling bin for our own as well as our customers use. We have however two major issues we are yet to find solutions for.

The first is plastic. Most of our magazines and cards arrive in thin plastic wrap. The city council won't take it for recycling nor will plastic recycling companies as they only take hard plastic such as shampoo bottles. The second is magazines and newspapers. Once a publication has outlived its shelf life it is returned to the distributor. A small percentage is returned as full copies but the rest are sent back covers only, which leaves the newsagent with MOUNTAINS OF MAGAZINES AND NEWSPAPERS at the end of each month. We try to reduce this excess by controlled ordering but a lot of publications come to us in quantities governed by the publisher not the agent or distributor. So what can we do with our coverless magazines and papers? We aren't allowed to resell them or give them to charities and schools etc, paper recycling companies won't take them, even fish and chip shops aren't allowed to use them anymore. According to the distributor we must hose them down (to discourage theft) and throw them in the garbage bin - very environmentally unfriendly.

As millions of magazines and papers are produced each year in Australia alone if someone could come up with a way of mass recycling them into other usable products they would have a multimillion dollar industry on their hands.

Anyway if anybody has any ideas on recycling my magazines, papers and plastic the environment and I would be very grateful to hear from you.

Lisa Whittred

2/23 York St, HAMILTON 4007.

Dear GR Readers,

I would like to build a small rectangular LOG CABIN with timbers found on my land. Can people please write to me with any information on building, planning, treating the timbers, the pitfalls of a log cabin or any relevant info.

Lisa Taylor

PO Box 452, ALSTONVILLE 2477.

Feedback Link-Up Feedback

Hello Everyone,

I'm exploring the idea of starting a small business MAKING JEWELLERY, mainly earrings. I plan to import some beads, but would like to use Australian beads (handicraft type). At a loss for sourcing these I suddenly had the inspiration, surely some GR readers must have kilns and be into making beads, ceramic, glass, metal, even plastic moulded or wood. If anyone thinks they may be able to help please write.

Sarah Longland

20 Pardoo Parade, GOLDSWORTHY 6723.

Dear GR Readers,

I am writing to urge people not to transplant GRASS TREES from areas of bushland, and only to try transplanting from roadside verges or development areas if it becomes apparent that they are about to be destroyed anyway. Older grass trees have taken centuries to grow and have widely spreading, shallow root systems which are mostly destroyed when a plant is dug out. Most grass trees can survive around four years on the starch reserves in their trunks, but they won't produce root growth quickly and will die after that time. It's easy to claim success in transplanting them, because it takes so long before it becomes obvious that they're dying.

Grass trees are easily grown from seed and they're not as slow growing as people think. Some will start developing a trunk within 15 years. If you grow your own grass trees from seed you will have something to be proud of later, instead of a rotting stump of a plant which shouldn't have been removed from the bush in the first place. You will need a permit to collect the seeds, unless you can obtain them from private land, but they will all grow, so a permit for the small number you will want is usually easily had. The seeds can be stored in a cool, dry place for several years, but the sooner you plant them, the sooner they will become specimen plants.

Alternatively, you can buy seeds by mail order from the Society for Growing Australian Plants, Seed Sales, PO Box 378, Miller 2168. Send a large SAE for their list, which includes many other attractive and unusual native plants.

**Nick Romanowski
FORREST 3236.**

Your points are very relevant and we are sure many readers will be glad of the information regarding grass tree seeds. However, we feel sure that the author of the article you refer to (GR 92) is very conservation conscious and, while we hope that GR readers will not be rushing into the bush indiscriminately to transplant grass trees, we feel that it is important that they know how to do so correctly in order to save trees which are threatened by development and stand a better chance of survival in a garden situation.

Dear Megg,

I am writing to say thanks to my Auntie Ruth and Uncle Bob. They gave me a 12 month subscription of *Grass Roots* for my birthday. Thanks for such a great magazine from two great people.

**Jenny O'Connor
Grey St, KERANG 3264.**

To All Wonderful Earth People,

As a 20 year old student teacher with not too much money, I would really like to try and sell some of my RECYCLED CARDS and gift boxes. Paper making is my passion, and having a market stall is my aim. Is there anyone who could give me advice on selling my wares, presentation, and any other marketing/paper making tips? I would be very pleased to hear from anyone, with advice or just as a pen friend, age is no problem.

Also, does anyone know where or how GINSENG in its natural form can be obtained?

**Francesca-anne Massey
8/47-49 Elphin Rd, LAUNCESTON 7250.**

Dear GRs,

I just wanted to write of my DOMESTIC RECYCLING efforts and give some ideas. All large plastic bags are used and reserved for wrapping freezing items and other household needs, they are never thrown away. All cardboard packaging is put outside in the sun and rain for 4-8 weeks until all colour is gone then used in garden as weed

mats on borders only. All newspapers used the same. All milk containers cut in half for pot plants though am trying to invent a way to use them as in hanging gardens of strawberries or herbs so the top half is used. All tins and containers as pot plants or in tool shed. All cans and bottles recycled at dump. Scraps in compost. Meat scraps go to the neighbour's dog. All papers, small to large, (from jelly to butcher's papers), used in garden or crafty home projects/decorations. I use Cocky Rid for \$1, instead of \$5 aerosols; it lasts two months, is only magnesium sulphate and really works excellently. All jars go to the CWA for jam making.

**Mary Kaite
INNISFAIL 4860.**

Hi Megg & Co & Readers,

I last wrote to you from this great island state about three years ago. You kindly published my letter and the result was some great penpals. It was on the theme of 'not being too old to have a go'. This letter is in a similar vein. I am now 52, still on my own, and about to start on A NEW VENTURE. I am going to do up an old cottage on another sheep farm a few miles from here. It's over a hundred years old, with the outside walls made of split palings.

This will probably be the nearest I'll ever come to being in a house that will be 'sort of' mine, as I will be paying for everything and it's on a long lease. I can't afford to buy or build, as a lot of the time I am unemployed. I do seasonal work as a shed hand and other times on a potato harvester. With the new award rate that's just come in for shearers and shed hands, work is becoming harder to get, as farmers are doing a lot more of the work themselves. More bureaucratic madness, resulting in less jobs, not more, and putting existing shed hands who work very hard whenever they can, out of work. Having many farmer friends, I can see both sides of the story and sympathise with them, but sympathy doesn't get me work!

Anyhow, back to my project. What I'm trying to convey is; there maybe other GRs out there, in a similar situation to mine, who, if they look around, might be able to do something similar. I have worked out a long lease with my farmer friend (whom I didn't know before), which is suitable to both of us. It will be a long-term project, but as soon as it's livable, I will move in, and finish the rest 'in situ'. Everything will be done from scratch, which includes rebuilding the laundry and bathroom, building a carport, renewing some weatherboards, fitting out bathroom and kitchen, installing all plumbing, having wiring checked and power points put in, installing wood heater with hot water coil, probably a hot drum, decorating throughout. There will be a big garden which is just a paddock at the moment, that will be a challenge too!

Due to a chronic shortage of the 'readies' I shall be using recycled timber and other materials, where possible, which I shall beg, borrow and even pay for! I've already been given another old cottage on another farm, which has all the timber in it I shall need. Physical help and advice I am getting from friends, whom I am bribing with meals and sustenance.

I have long-term plans in mind. Such as bed and breakfast (for humans) full board (for cats), and hopefully to grow enough organic fruit and vegetables to sell some surplus. All things a woman on her own, approaching 'retiring' (?) age, can do, without help if need be.

This is my plan for the second half of my life. I hope the stars will be kind to me. I hope this letter will give some ideas and encouragement to others like me.

I loved GR 90, especially the articles on Tassie. Long overdue! I'd love to write to Don of Evandale and Tanya in New Norfolk. Would they like to send me their addresses so we can correspond?

**Judy Read
RSD 726, CRESSY 7302.**

Dear GR,

I've been reading GR for years now and am amazed at the questions readers ask. I would like to make a point here, most of the answers can be found in THE LOCAL LIBRARY. This would save Feedback space for other interesting letters.

**Terry Tranter
220 Rosia Rd, PARK RIDGE 4125.**

Feedback Link-Up Feedback

Dear Megg and Readers,

We feed the birds and any other animals who care to call, especially during the winter and throughout any droughts. There were always large dishes of water out during the recent eight month long drought when our dams dried up and so did most of the rivers and waterholes. People thought we were crazy buying cracked corn for the wood ducks, cockatoos, scrub turkeys, wallabies etc, but I would rather be crazy than cruel by ignoring their plight.

For those who might like to make **HOMEMADE FEEDING CAKES FOR BIRDS**, try this: Melt 1½ cups suet and mix well with ¼ cup sugar, ½ cup peanut butter, ½ cup flour, ½ cup cornmeal and ½ cup oatmeal and enough bird seed so it all holds together. Mould it in a box, pan, tin or flower pot and, when hard, take it out of the container and hang it out for the birds to enjoy.

Pamela Odijk
PO Box 112, MT MORGAN 4714.

Dear GR People,

I am writing with a request. We have bought 142 acres near Tenterfield, NSW and will be moving there to live in approximately two years. We have been given an estimate of \$11,000 to bring electricity one kilometre to our property and find this unacceptably high. We would like to hear from anyone who is or has been, using **WIND POWER** as their chief source of power.

Rob & Lyn Sheppard
17 Booval St, BOOVAL 4304.

Dear GR Readers,

Since returning to Australia about 10 years ago after living and travelling overseas for more than a decade, I have been floundering around in Sydney trying to discover what direction my life should take. Do I carry on and go to a job every day to preserve a lifestyle I don't want? The obvious answer is 'no', and I have nothing but admiration for those who have climbed out of the rut and are going for it.

Earlier this year I finally made the momentous decision to save enough to buy some land (northern NSW somewhere), build myself a little house, grow vegetables, keep a cow and chickens and to lead a lifestyle as self-sufficient as I can make it. Even though I'm now living on a tight budget it's going to take me at least 2-3 years to save the minimum amount required. Unfortunately, this means another 3 years of polluted air, noise and a generally stressed out existence.

Naive I am not and know that a tremendous amount of hard work is ahead of me, complete with all the frustration. Apart from reading everything I can get my hands on, there are things I can do to start preparing myself for life's next adventure. Woodworking classes begin soon and, hopefully after a couple of years instruction I should be a little more knowledgeable than I am now. Growing things has been restricted to buying house plants and watering them. Obviously, I have an awful lot to learn! I would like to start growing something on my very small balcony which faces south, receives no sun at all and tends to be very windy on occasions. Any suggestions?

Perhaps there are some people out there who could help me. The plan is to utilise my vacation time in a fruitful way so I can learn as much as I can. It would be wonderful to be able to stay with some caring people who live in a communal environment and who could show me the ways of organic gardening etc. It goes without saying that I would pay my way. It would also be terrific to hear from anyone who lives in Sydney and who is planning a similar lifestyle. My family and friends think I've gone completely mad this time and are really not all that interested in what I want to do so there aren't any people in my life with whom I can talk about all this. I would be grateful for any help or advice.

Christine Casey
PO Box 1625, NORTH SYDNEY 2059.

Dear Grass Roots,

We are a family with four children, 2 primary, 2 secondary, who moved onto our 3½ acres of country life 9 months ago. Since then we have progressed from a dog and 20 chooks to quite a menagerie of farmhouse animals. We have work up to our ears to do as we strive toward becoming self-sufficient. I would be grateful to hear from

anyone who has experience in home schooling, soap and shampoo making, herbal recipes and uses, a good wool wash for my homespun wool, alternative power and lastly fruit and vegie growing with water that is slightly salty. All information would be most welcome.

Christine Stanley
'Karleigh', KARKOO 5607.

Our new book, 'Living Better for Less,' contains almost all of the information and/or sources of information which you require. Available from newsagents for \$7.95, or direct from Night Owl Publishers, PO Box 242, Euroa 3666, for \$9.95.

Dear Grass Roots,

My fiancé and I have decided to **TRAVEL AROUND AUSTRALIA** while we're still young and eventually live self-sufficiently on our own few acres of sub-tropical land in Queensland. We would like to work our way around in exchange for board, wages or both. Has anybody done this and know of great places to go/not to go? We'd like to stay close to coastal towns if possible, so if there's anyone between Albany, WA and far north Qld who needs a hand on their property we'd love to hear from you. We're vegetarian, nonsmokers, social drinkers and not into weird religions etc. Also, does anyone know of a cheap way to travel to Tasmania? All letters will be answered.

R Stewart
61 Adelaide Cres, ALBANY 6330.

Dear GR Readers,

I am writing to thank all of you who wrote to me and told me where to find **PARAFFIN WAX**. It is wonderful to know so many people are not too busy to help others. I found the best place to get white paraffin from Paula Collard. Thanks Paula. It's available from Auroma, 39 Melverton Drive, **HALLAM 3803**. They can send you a catalogue.

Can anyone tell me about growing pinto beans, when to pick them, how to dry them etc?

Mrs Hazel Lambert
PO Box 99, PETERSHAM 2049.

Dear GR,

Does anyone have an organic answer for the problem of **COCKCHAFER** grubs in the soil? I'd love to hear it!

Liz Hanlon
18 Richard Rd, BEROWRA 2081.

Dear Grass Roots,

In GR 86, fancy calling **CUMBUNGI**; (*Typha sp*) a weed. It is a plant with many uses, a bush food but not a weed. There is no such thing as a weed, to nature it grows where it is meant to grow. Nearly the whole cumbungi plant is edible, though bland in taste, but the shoot is excellent, it also has medicinal qualities, plus baskets and many other things are made from it. You are only limited by your imagination as to what you do with it. It is a useful plant to human kind and if you have it on your land utilise its full potential, do not destroy it. Common bush foods like cumbungi are underused, often grow faster than our pampered crops, and do not need any fancy fertilisers.

Any survival-minded people who would like to correspond to swap ideas on bush shelters, trapping, improvised tools etc please write.

Anthony Davis
8 West St, GRENFELL 2810.

Dear Friends at GR,

I'd like to inform readers that we have closed the Self-Sufficiency Shoppe at Thebarton (See GR 85). We found the costs of having a permanent retail shop just too high. We weren't really getting enough 'off street' customers to warrant having the shop. Also Phil and I were overloaded with other commitments – such as making the products, putting together wholesale and distributor orders, mail orders and (what I call) 'Back-to-Basics' Parties (demo evenings). So we focus more now on selling our goods at weekend markets, fetes, fairs, etc. We've ended up being a sort of 'mobile' Self-Sufficiency Shoppe! We've found this to be a lot more profitable.

We still have permanent customers via mail order – so please note that our **NEW ADDRESS** is PO Box 110, Edwardstown 5039. Ph: 08-352-4744.

Pam Marshall
PO Box 110, EDWARDSTOWN 5039.

Feedback Link-Up Feedback

Dear Grass Roots,

I have been collecting ROSEHIPS and not wanting to make syrup or jelly, (because of the high sugar content in both) I thought I would try drying them. Can anyone tell me how successful this is or the best way to do it. I thought a dark but warm and airy place would be best because light destroys vitamin C, but is the tedious task of cutting out the seeds worth the amount of vitamin C that remain after drying?

Secondly, does anybody have an effective method of keeping WHITE CABBAGE MOTH away from vegetables? I have tried a self-insect spray that I made but was unsure how many times I needed to apply it. Needless to say the results were poor. I am interested only in organic methods or perhaps a plant that I can grow next to the vegetables to discourage the moths.

Thirdly, does anybody know where I can obtain seed or YOUNG PLANTS OF COMFREY. *Symphytum Officinale* or species of, *Symphytum bulbosum*, or *S tuberosum* would do? Also seed of *Lobelia inflata*? All letters will be gratefully answered.

Bernice Faulkner

59 Wentworth St, LAUNCESTON 7250.

Jackie French's book, 'Natural Control of Garden Pests', will help with the caterpillar problem. Published by Aird Books, RRP \$15.95.

Dear Grass Rooters,

I was hoping that one of your readers might know what use you can put EMPTY TOILET ROLLS to. I know that there are a lot of kid's crafts you can do with them, but I'd like to know of any other uses. I'd also like to know: How do you keep MAGGOTS out of your compost? I don't like the idea of breeding them, as they do such a good job of that themselves. I'd like to recommend a book called *Cheap And Easy Propagation* by Jane Edmanson (from the TV show *Gardening Australia*). It was quite inexpensive, and I have found the chapter on taking cuttings to be very useful.

Bernie Greenslade

28 Gilruth Rd, KENMORE 4069.

Dear Grass Roots,

With the excess fruit and vegetables my parents have each year I thought I would try my hand at winemaking but here I really need somebody's help! If anyone has recipes for apple, apricot, pear, strawberry, raspberry or peach wine or indeed ANY SORT OF FRUIT WINES I would be grateful to find them in my letterbox. Any books or hints on the subject would also be appreciated. All letters will be replied to.

Secondly, as a 'herbal novice' I am having difficulty distinguishing between comfrey plants and those of the same family, anchusa plants. I was given some plants that I was informed were comfrey (which comfrey I have no idea), but recently doing some gardening for a friend I came across what appears to be an identical plant. My friend thought it was an anchusa. As no flowers are currently on either plant I cannot tell what I have in my garden and drying up on the drying racks. Reference books have been futile as none seem to have clear photographs of either plants. Can anyone offer their help please?

Bernice Faulkner

59 Wentworth St, LAUNCESTON 7250.

Dear GRs,

I would like a copy of *Traditional Knitting With Wool*, published by Aust Wool Corp. Could anyone help me please?

B A Edensor

PMB 31, PT LINCOLN 5607.

Dear Grass Roots,

In answer to Barak Marschner (GR 90). I hope the following is helpful. A really good book is *Plant Lore* by Josephine Addison, also 'Culpeppers' *Colour Herbal*.

Marigold, under the sign of Leo and the sun. The leaf is used directly for cuts and infection, a tea is used for indigestion. Lemon grass tea is used for colds and as a general tonic. Barley, assigned to Saturn. Barley water is good for stomach upsets and eye complaints. A poultice is good for inflammations. Oats, not assigned. Used as a uterine tonic and antispasmodic. Wheat, assigned to Venus. Used in a poultice for painful swellings. Worshipped as the staff of life. Corn, silks made into a tea which is good for urinary problems. Passion flower,

symbolises holy love and religious fervour. Anise, leaf and seed used for coughs, constipation, indigestion and colic. Hyssop, assigned to Jupiter under the sign of Cancer. Leaf used as a wash for inflammations and cuts, gargle for colds. Tea for coughs, indigestion, nausea, sedation and tonic. In Christian tradition typifies baptism. Fennel seed, under Mercury, symbolises embarrassment. Seeds are diuretic, carminative and antispasmodic. Rice, Sun. Rice water is good for irritation of the bowel, fevers and painful irritation.

To Irene: My son had ECZEMA as well. I found calendula ointment helpful and an eczema tea I obtained from a herbalist. You've tried tradition, see a homoeopath or herbalist, you may be delightfully surprised at the results. The eczema will also be worse in the cool weather due to extra clothing. Coal tar and zinc cream is also soothing.

To Yvonne Conyers: Sage tea is said to DARKEN GREY HAIRS. Use for several weeks. Also, soak a handful of walnut leaves or husks in water overnight use as a final rinse. Will colour grey hair.

To Louisa: Diggers Seeds sell loofah seeds.

M Turner

57 Whaleback Ave, PARABURDOO 6754.

Dear Folks,

Thank you to RJ & AM Bliss & Sons partnership seedbank for a catalogue including the *Exocarpos cuppresiformis* with culture notes etc from my request in GR 89. Thanks to Ben White of the IBS for the book and note he sent me from my request in GR 90. Thanks also to Diane Warren for the list of astrological signed herbs she sent me.

Can someone help me to locate a seller, manufacturer, distributor, agent for powerful crystal operated radio/wireless equipment and/or radiogrammes etc please, or even kit forms? If anyone has expertise in this field why not do a piece in GR for us readers please.

My thanks to the GR folk for the *Living Better for Less* book, it's a beaut! May I recommend it to all GR folk out there, and hopefully see more of the same in the near future.

Could someone please tell us about the different climatic requirements of natural fibres such as kapok, silk kapok and others? Also it would be great to learn to make shoes from non-animal (not synthetic) materials. Any information would be great.

Barak Marschner

5 Jellicoe St, PT PIRIE STH 5540.

Dear Friends,

This is the first time I've written so a fond hello everyone.

To Mrs Kim Hynes, did you know about HOMOEOPATHIC IMMUNISATION for children? If you did, that's great, but maybe others don't. My little boy Joshua (5 months) has just started a course provided by Dr Issac Golden and for the next three years will be taking tiny tablets instead of injections. While not widely known here, the remedies are used widely overseas with great success. Dr Golden provides a full kit, which covers all the diseases the injections cover, for \$37, including postage (as of Feb 1992) and full instructions. His address is: Dr Issac Golden, PO Box 1198, Geelong 3220. Ph: 052-411-070. This is such a simple, non-invasive method of protection.

Also, a friend of mine and I are currently advertising in the north east of Victoria for friends interested in setting up a RUDOLPH STEINER SCHOOL in this area. Anyone who is genuinely interested can contact me at anytime. I love reading GR and hope all interested in a better way of teaching and learning will be in touch.

Nicole Rietman

RMB 2450, MARKWOOD 3678.

Dear GR Readers,

Does anyone have a copy of *The Poor Person's Guide to Queensland* (also the author of *The Crooked Sixpence*) that I could borrow? Any help would be appreciated.

Mark Gillies

3 Westminster Blvd, ELANORA 4221.

Dear Grass Roots Readers,

I am extremely interested in learning more about LEADLIGHTING. Could someone give me the names of some good books or any advice, particularly any courses being run in Melbourne?

Susan Cox

59 Lily St, BRAYBROOK 3019.

Feedback Link-Up Feedback

Dear GR Folks,

Thanks to all the people who wrote asking for U.S. AND CANADIAN PENPALS. If you haven't heard from me by the time this goes to print don't worry, you will. I have had a great pile of letters both from the northern hemisphere and Aussie/NZ to get through, plus my regular penpals and MLM businesses to see to. Right in the middle of it all, I had an operation which knocked me for a while but I am improving now. The aloe vera product I take is helping. I retail Forever Living products and they are excellent for all health problems. The operation left me with a recurring bladder infection and I would welcome some recipes or ideas which would help this. Also am looking for a recipe for barley water as I am told this is good for the bladder. I'd love a recipe for lentil burgers, and does anyone have a recipe for the FRIENDSHIP CAKE a fruitcake made from sourdough? It was popular a few years ago. You started the sourdough off, divided it among yourself and friends along with the recipe etc. Now both the friend who gave it to me and myself have lost the recipe and I'd like it to give to a friend who is leaving the district.

Thanks Isobel Guthrie for the recipes in GR 89, I'll try them.

Shirely Svensson
C/- T Doyle, 520 Musgrave Rd
COOPERS PLAINS 4108.

Dear Megg,

I don't usually bang the drum for the dreaded multinationals, but I must tell your readers about Avon Skin-so-Soft bath oil. It is a brilliant insect repellent. I recently read an American magazine article which said thousands of people there use this oil when working in jungle or mosquito infested terrain, which prompted Avon to put it out in a spray form. My Burmese cat Billy used to nearly turn himself inside out trying to get away from the flies so I dabbed a drop of Skin-so-Soft on the back of his neck and what do you know, no more problem. A chemist friend in Sydney says the main ingredient appears to be citronella, so it's heaps better than that toxic roll-on product. My husband is a keen bottle collector and goes fossicking out in the bush a lot. He reckons it's an ace product and certainly keeps the bities away.

Mrs Margaret Bennett
3 West Ave, CESSNOCK 2325.

Dear GR,

In my last letter about BAMBOO in building, I mentioned a book called *The Book of Bamboo*. But I got the author's name wrong. The book is by David Farrelly not Farraday. Some people have been asking about it. Here is the ISBN. O-87156-824-1. Published by Sierra Club books, San Francisco.

Donny Corben
Homeland, Darkwood Rd, THORA 2452.

Dear GR Readers,

I was after information on controlling WHITE ANTS and WOOD BORERS (Lyctus).

J Warrington
Lot 105, Valley View Rd, EWINGAR 2470.

Dear Folks,

When I came out of Canberra Hospital more dead than alive, I arrived at my caravan and discovered it had been burgled. Not surprising I guess, as I was reported as having 'died', and as there was no family around and I had been away for 11 months. Then I discovered my car had been stripped also. That was four years ago, since then I have been burgled another three times. As I have artificial innards, and been on the kidney machine, there is little chance for a financial revival. Now I want to go to LIGHTNING RIDGE and my generator has also been stolen. Is there anyone who would be so kind as to explain how the people at the Ridge get by? I am still game and can still do a fair amount of things. Any hints or ideas would be appreciated. I enjoy reading your magazine and hearing all those interesting people and their widely diverging ideas.

Eric Larson
PO Box 161, DIRRANBANDI 4486.

Dear Grass Roots,

Although my family and I do not live an alternative lifestyle we make what we can and recycle as much as possible. My partner and I know quite a few people who live or are adapting their lifestyles to

alternative ways and I generally believe they are much happier, well adjusted and stress free folk. The benefits are there to see and I sometimes feel that perhaps this is a better way of surviving, however I am yet totally convinced it's for me, besides I'm happy and that counts for a lot.

The reason I'm writing is to ask for any hints/information on GREENHOUSES. Having recently purchased our own home we would like to grow our own vegies, herbs and whatever fruits we can. I understand fruit growing would be limited other than berry fruits, which seem to grow well here anyway. Because of adverse weather conditions on the west coast I would like to grow all year round and not have the weather be a deciding factor. I have had success with herbs and am finding this an extremely enjoyable pastime. I have no doubts I can grow vegies in the garden, but I am eager to try them in a greenhouse.

I am also seeking help for CREAKING FLOORBOARDS. Getting underneath the house will require much digging and we are trying to avoid this. We are hoping we can do it from the inside. We also realise we may have to either replace existing boards or lay new flooring on top, but before doing this someone may have another solution. Any help would be appreciated.

Bernice Gow
PO Box 1, QUEENSTOWN 7467.

Hello Fellow Grass Roots Readers,

My husband and I have been reading this marvellous magazine for over two years now so I thought it was time I put pen to paper to congratulate Megg and co for the great job they are doing. We haven't got our block of land as yet, being LATE STARTERS, but you can bet your boots we're working on it. At the moment we are slowly working our way around Australia, but will eventually end up back at a lovely piece of land we have picked out between Geraldton and Northampton, WA. It's a bit of a problem finding work sometimes though. People think that we are over the hill (Noel is 55 going on 30 and I'm 46 going on 26). Bosses seem to want the young ones.

We love the concept of a yurt and I hope to have one as my home when we build. I am fascinated by the idea of a cellar and want to incorporate one under the house. If anyone has built a DOMESTIC CELLAR or knows of any books on the subject we would love to hear from you.

Hi to Ruth and Wally on their block at Gladstone and a big hello to Diana down in Bungendore whom I met through Feedback.

Sandra and Noel Vagg
4/1 Durnoch Ct, MARARRA 0812.

Dear Megg and Co,

I would like to respond to a letter from 'Wide Awake' of NSW (GR 90) who wrote portraying the negative aspects of corresponding with GUYS IN PRISON. I am truly sorry that 'Wide Awake' has had a bad experience in this area but on behalf of the nice guys 'inside' (they do exist) and one in particular, I would like to say that believe it or not our justice system is far from perfect, and every now and then people end up in jail who really shouldn't be there. I strongly resent 'Wide Awake' grouping all inmates as violent, self-pitying, rip-off artists. For heaven's sake, this is the 1990s girls; we are responsible for the relationships we become involved in. No friendships come with any guarantees but in the situation where one is writing to someone in prison surely common sense would dictate that caution and discretion would be called for.

I have corresponded for 12 months with a guy in prison whom I met through GR. We have a beautiful relationship based on mutual support and encouragement. After 6 months of regular contact I met my 'pen friend' and some of his family. We have remained in touch, planning to spend more time together in a few months.

I really don't think we 'decent living, law abiding' citizens can use naivety and trusting natures as an excuse for being irresponsible with our personal safety and happiness. I guess I am the eternal optimist and I have been richly rewarded. I would not trade my prisoner (no longer) in jail for anything.

Julie
Northern NSW.

WEEKEND WORK

by Anne & John Stille, Ashmore, Qld.

Many of us in pursuit of our dreams of self-sufficiency and country living, become, for a time, weekend workers, loading up the car or van straight after work on Friday and heading for our place in the country. As the kilometres tick away we feel a growing sense of excitement and some trepidation. Has it rained? Will our plants have survived our week's absence? We eagerly plan the projects we hope to accomplish this weekend, knowing that if we get through half of them it will be nothing short of miraculous, always being full of more ideas than there ever is time or money to spend on them. Anne and John Stille share with us the plans, dreams and achievement of their ten years of weekend working.

We bought 'our block' in April 1980, how the years fly! We were very fortunate in that we had been left a property we were able to sell which gave us enough money to buy our five acres in Numinbah Valley, with enough left over to put in a tank, pipes to the river, and a Fergie tractor and slasher. Like so many others, we visited and walked over lots of other land. Most estate agents only listen with half an ear to your needs. We stipulated good soil and permanent water. I'm not quite sure how we stumbled onto our land but it was perfect for our needs including the fact that my family had a dairy farm ten minutes drive away, so each weekend we could sleep there until we had finished our shed.

The shed is 6 x 4 metres (18 x 12 ft), and we built it ourselves with two weekends help from friends to put up the sides. The shed was built to house the tractor. The slasher lived under the shed. However, we had our portable loo, kitchen shelves, gas camping stove and a table that hooked up onto the shed wall in there also. We were able to buy my parents' old caravan very cheaply and slept in that. It was screened to keep out all the country nasties. Originally it was situated a short distance from the shed, but after tippy-toeing around in the dark not knowing what we might stumble over we eventually put it beside the shed. We removed one galvanised panel in the shed and the door of the van so we could walk directly into the shed. It was then not quite so hair raising if, in the middle of the night one had to 'answer the call of nature'. Though we later discovered we shared the shed with a night tiger and, on occasions, there would be bumps and rustles that stirred the imagination. Curses would be called down on those who either forgot to bring the torch from home, or had left it switched on.

They were magical times – especially the nights in Spring when the fireflies were flitting. There is nothing quite like sitting near the fire, watching those tiny creatures clicking on and off, feeling the peace of the country seep into your soul. We have been wonderfully blessed by our few acres.

PART-TIME CAMPING

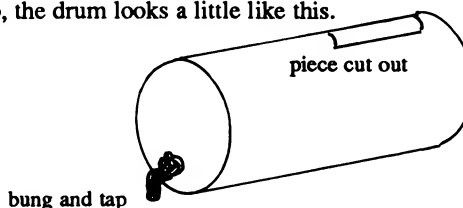
Now to the nitty-gritty of part-time camping. The toilet began as a shovel and a quick dash into the bushes, watching for snakes, ticks and tickly grass. We progressed to a camping portable loo, which was great for us all except John who had to dig the extra large hole. Now that we have a house we've progressed to a septic system. After reading many books on alternative toilets we decided septic was the best for us.

Shower

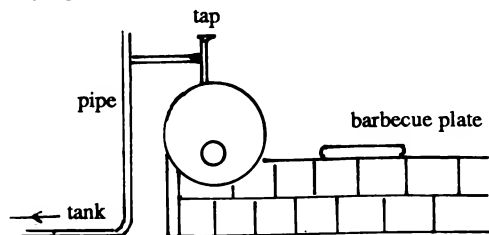
Our shower has always been outside with views of the trees and mountains. As we are well protected from prying eyes, we've never felt the need to put up barriers to this beauty. Each family member respected the privacy of the others. And besides, a

shower doesn't last long with only one canvas bag of water in the chill night air! We usually had hot water, as we normally had a fire going for tea. We heated our water in a 'donkey'. John had the fireplace set up in ingenious fashion. The 'donkey' is a 60 litre (13 gal) drum with a tap in the bung hole. As our business was selling fuel and oil, we had no shortage of drums. (If you use this system please make sure the drums are gas-free before cutting or lighting fires underneath.) Once the tap is fitted, the drum is laid on its side with the tap at the lowest point. Then with tin snips and hard work (and a few words), an opening say 15 x 15 cm (6 x 6 in) is cut in the top so water can run in.

So, the drum looks a little like this.



We built a fireplace of stone and cement to sit the drum on. The water tap came up on a pipe so that it filled directly into the drum and, although it would get pretty hot, we had no disasters all the time we used this system. We had enough space in front of the water drum for a barbecue plate, so the fire served two purposes.



We later progressed to having the leftover polypipe attached to the water tap (with appropriate reductions in fittings). We then ran the black polypipe onto the roof of the shed. This method was very successful, providing it was a lovely sunny day and that we were all ready for showers the minute the sun disappeared! We've now modified this system also and have built a frame and coiled the polypipe onto that. John is just waiting now for the RAAF to notice our target and begin bombing practice! We really now have to work out a way to collect and store the hot water, as we are seldom ready to bathe until the night is upon us. Hot water in the polypipe does not retain the heat once the sun is gone. For the shower itself we simply used a camp shower bought from the disposals shop. We now use the black plastic camping showers. They don't



We lived in the shed, along with the tractor and other equipment, until the house was built.

last so well, but John 'modified' the shower rose of the canvas shower and now it doesn't work so well!

Food

In the early days, we bought a chest type camping fridge which has been ample for all our needs. It really has been a good investment. We also use it if we go on holidays in our tent. I did pick up an old meat safe at a fete, but have never got round to cleaning and painting it. I also would like a cellar built into the side of the hill, but that also is a 'one day' job.

For cooking, all I've used has been the barbecue and the camping stove and, though meal times have taken some ingenious juggling of pots and pans, we usually survive and the food is mostly cooked and hot! Quite an achievement for me. We also eat a lot of salads.

Garden

My first garden I built near the shed and on the side of the hill. It was quite successful. Later, John cleared some flat land of lantana stumps, ploughed it, carted manure from the dairy (plus weeds) fenced it, ran another stretch of polypipe for water, and we were away. I must admit that this garden gives me the greatest pleasure. I never tire of visiting it, tending it and checking to see what has come up this week. As we are only weekend (occasionally fortnightly) gardeners, it is always a relief and a thrill to find the tiny seedlings appearing. It is always with a sense of anticipation that I walk down the hill into our fairy glen and approach the gate of the vegie garden. Have the asparagus spears poked their noses through the winter covering? Have the kiwi fruit flowered yet? Goodness, look at the grape vines; the mouth waters at all those tiny grapes that will grow into delicious fruit in a few months. Or, oh no – look at all the weeds! Out with the dutch hoe: the best weeding tool ever invented.

Over the years, we've also planted over a hundred fruit trees. I used to buy a fruit tree a week out of my housekeeping money, buying other food as cheaply as possible. I was impossible to take to a nursery. I simply couldn't resist a fruit tree. Our trees don't really get the attention they deserve. In the early days we planted tubes of pines and other windbreak trees. We bought

these tubes very cheaply from the Forestry Department and amazingly I don't think we lost one. They are now very large trees and provide a good windbreak. We also put more polypipe and taps down the centre of the orchard. We really need to get some drip irrigation system organised, but haven't come up with a really good idea, as we have to slash between the trees. John would like to fill the whole orchard area with trees so that he doesn't have to slash, but that's a 'one day' job also. My trees give me almost as much pleasure as the vegie garden. This year I have a few apricots and two almonds on the respective trees which is a miracle as far as I'm concerned. We do grow delicious custard apples, persimmons, loquats, mandarins, bananas, and our navel oranges are so close to heavenly that it doesn't matter! With so many trees, there's always something new happening in the orchard.

Our big orchard nuisances are the birds, and the monolipto beetle, and fruit fly of course. After trying all sorts of things, I've decided paper bags over the fruit as it gets close to ripening is the best fruit fly and bird deterrent. The monolipto beetles have us beaten. Spraying is a waste of time. I'd like to have my chooks up there as their scratching and pecking may eliminate the larvae in the ground. We've also considered a very bright light and the vacuum cleaner at night-time, but have never got round to that yet.

I don't use any poisonous sprays and have experimented with various recipes from *Grass Roots* over the years, though things seem to survive and thrive without much fussing. I do still throw my detergent water over the citrus trees and that seems to keep them clean.

Animals

Animals are a problem when you are not there all the time, so I've compromised. I keep a few bantams in a movable cage at our 'weekday house'. They are very engaging creatures – all mongrels – providing lots of enjoyment and lots of eggs. Some family members pour scorn on the size of these, claiming they need three, preferably four, to make up for the size.

We've also had a part-angora goat (during my spinning phase) and an orphan lamb called Rosemary over the years. I

would still like to have a good milking goat. I've also toyed with the dream of one of those Dexter cows that were written up some time ago (GR 79). But as I'm allergic to cow's milk now, a goat would be best I guess.

We have invested in *some* livestock at Numinbah. We have two beehives. In fear and trepidation, and with assistance of a very good friend, we are learning about these fascinating little creatures. John, being a cattle man himself, claims that he has each bee branded and ear tagged. He greets them in the garden by name. 'G'day Fred or Bill,' or whatever name is flavour of the day! Of such are memories made!

House

Well, I began with our shed and will conclude with our house. We originally thought it should take 'till Christmas' to have it livable. Several Christmases later, we moved in. The house is octagonal, and a credit to John, my daughter Jenny and son Greg. While I tended gardens and trees and cooked meals, they mixed cement and handled bricks. The bricks were bought second-hand. The house is cavity brick which meant that once the walls were up and roof, doors and windows on, we could move in. For many reasons, the octagonal design has been difficult and time-consuming. We've done most of the work ourselves. We had help from a drainer, a concreter to put down the floor, and brother-in-law to put up the huge centre pole and roof supports. John had no formal building training, but was born and bred on a farm and has always been handy; he just seems to see how things should go. He tries to explain to me, but I really have great difficulty visualising what he's talking about. Just as well we're all made differently and with various talents to contribute!

The house is open plan with the toilet/shower partitioned off. The toilet has a huge picture window that looks south to the mountains down the valley, glorious for me but a little off-putting for visitors. I must get a blind - 'one day'! The shower is still in the 'one day' category also. It also has a window (not so large) with a view to the south-west. The western wall is solid. John has been very careful in the design and placement of the building. It is amazingly warm in winter and cool in summer and will be even better if we can ever afford curtains. After reading many books John decided to build the doors for the north facing walls himself from timber. They are not perfect, but are very good. The eastern walls are mostly solid with two windows that look up to the huge gum trees on our neighbour's place and through them to the cliffs of Springbrook. They are glorious in the evening when they shine with a rosy glow from the setting sun. We now have a patio around five sides of the house and the beginnings of a rose garden. I'd also like a bread oven built onto the barbecue when that eventually is built. So many ideas! Still, it's quite incredible to look back at our achievements over the past ten years.

Intangibles

After a hectic week of work and people hassles, it has been a real relief to be able to get away to the peace and tranquility of our small piece of Australia. To wake in the morning to the whip bird's call. To know there is no phone to answer and the whole day is ours to enjoy or work at, as we please. To wander around and catch glimpses of our three or four very shy wallabies. To sit by the creek in the dusk and wait quietly and patiently for a glimpse of the platypus. To observe the forces of nature as storms rumble and thunder down the valley and

reverberate around the mountains. The excitement of finding a bumbling spiny anteater, or a thieving goanna. To watch the catfish swimming patiently round and round her nest of cleared stones. To be surprised by the huge eel that lies beside the stone you're going to sit on, or the delight of a surprise viewing of the bower bird and his five ladies, or the oh-so-very-shy banded rail cautiously stepping out from the bushes after the grubs I'd disturbed by mowing. All these things and so many more have kept us in touch with God and each other and enabled us to return to work and school refreshed and knowing that there is great beauty in our world, that many incredible things are happening that never make it to the news headlines. I am so very grateful that we have been privileged to be caretakers of this small piece of our beautiful world for the last ten years. I pray that the next ten years will also be filled with such joy.

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SUN VISOR AND SUNGLASSES CASE

by Pamela Odijk, Mt Morgan, Qld.



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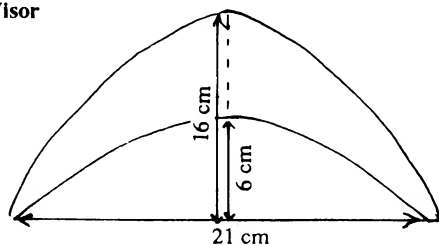
INSTRUCTIONS

Materials

- $\frac{1}{4}$ to $\frac{1}{2}$ metre of material plus sewing thread to match
- $\frac{1}{4}$ metre of padding (I used a combination of quilting padding for the case and pieces cut from an old mattress protector to cover the perspex in the sun visor.)
- small piece of perspex (about 50 cents, obtainable at canvas, camping and tent manufacturers, or alternatively you can recycle the stiffened parts of old sun visors which can be bought at any op shop for about 20 cents.)
- small piece of elastic for back of visor
- small piece of velcro for closing sunglasses case
- $\frac{1}{2}$ metre of blazer or other cord to attach to sunglasses case

Visor Pattern

Figure 1 Visor



Construct patterns as per the following simple diagrams. Cut two pieces in material, allowing 3 cm ($1\frac{1}{4}$ in) seam all around.

Cut two pieces in padding (no seams)

Cut one piece of perspex this size. (Easier using tin snips.)

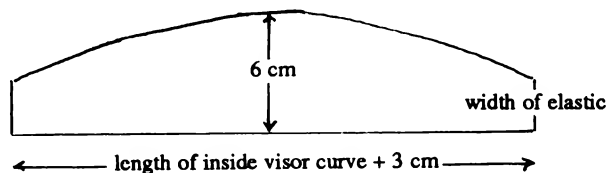
Headband Pattern

Measure inside curve of visor pattern and use this measurement to draw the headband pattern.

Allowing for 3 cm turnings. Cut two in material, or, one in material and one in towelling (for inside forehead), plus one padding insert.

Elastic Covering: Cut rectangular piece to cover the stretched elastic – adjust size accordingly.

Figure 2 Headband



To Make Up Visor

- With material pieces, right sides together, sew around outside edges to form a pocket. Sew twice and overlock. Turn right side out.
- Sew around visor padding in the same way, but there is no need to turn the 'pocket' right side out as this will not be seen.
- Insert perspex between padding and place all this inside the material pocket.

Headband Section

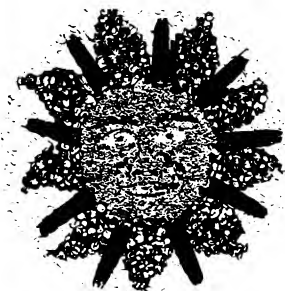
- With right sides together, sew along top seam of headband twice, and overlock. Turn right side out.
- Overlock each of the lower edges separately to prevent fraying. Turn under a small lower hem and tack securely.
- Fold this piece to find the exact centre, then beginning at the centre, pin and tack the lower edge to the right side of the visor. Turn in the side edges, but leave these open so the elastic can later be inserted. (The perspex may need to be trimmed back a little if attaching the headband to the visor is too difficult.)
- Machine into position using the zipper foot or handsew using small slip hemming stitches. If using padding, insert between the two headband layers before sewing into position.
- Pin and tack the inside headband to the inside visor by hand, following and just concealing the machine stitch line if the outside was machined into place.
- Attach the covered elastic inserting into the side seams of the headband, and sew in place.

The visor is now finished.

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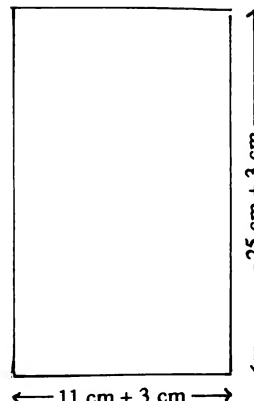
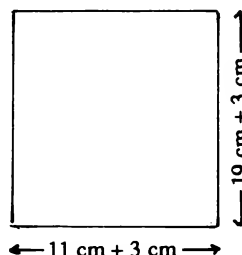
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Figure 5 Back

Figure 4 Front



Sunglasses Case Pattern

Cut 2 of each piece in material allowing 3 cm seams all around.
Cut 1 of each piece in wadding without seam allowance.

To Make Up

- With right sides together, sew each piece of the front and back together to form a pocket, leaving the bottom open. Turn right side out. Insert the appropriate piece of quilting padding, trimming off any excess if necessary.
- Turn small hems inside at the bottom of each piece. Tack.
- Place front and back together, sew along the bottom and sides of the case, close to the edge (catching the wadding as you go), to form a pocket. Turn right side out.
- Handsew cord into position so the case can be hung around the neck.
- Fold over the flap of the sunglasses case, pin, tack and sew velcro into position.

The sunglasses case is now finished.

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GRANDMA'S HOME REMEDIES

by Louise Graham, Dandenong, Vic.

Our grandparents and great grandparents did not have access to the vast and often confusing range of goods and services available to us today. This is particularly true in the area of health care. Chemists did not stock the range of proprietary medicines available now and visits to the doctor were a luxury reserved for serious illness. Our ancestors were more self-sufficient in this as in many other areas, often relying on folk remedies which had been passed down through generations and which were almost always based on everyday items to be found in anyone's kitchen cupboard. In many cases our parents rejected these folk cures as being 'messy, old-fashioned, unreliable or too much trouble' and welcomed the ever-increasing availability of modern pharmaceuticals for their greater convenience, potency and quick acting qualities. Now we are realising that the advantages of modern medicine come at a price, and not only to our pockets. Many of us are groping our way back to a greater degree of self-sufficiency in many aspects of our lives, one of these being the desire to take more responsibility for our family's health.

Once you start searching, the multitude of folk remedies available for first aid use and for treating common minor ailments is astounding. I would like to share with you just some of the hundreds of home remedies I have found. Most of them require only simple ingredients you will have in your pantry or which may be growing in your garden. I must emphasise however that *if any condition is serious or continuing you should consult a qualified practitioner.*

BRUISING AND SPRAINS

An ice pack wrapped in a cloth and applied to the injured area, followed by a bandage to support the area, was and still is the preferred threatment. Many people would have applied a strong sage tea (cold I presume) or diluted vinegar. A liniment made from an egg beaten lightly and shaken well with one cup each of apple cider vinegar and spirits of turpentine was also popular, but not recommended for black eyes. Compresses and poultices were also often used, although note that the application of heat for bruises and sprains is no longer generally recommended.

Compresses

Sage and Mint: Steep one teaspoon dried sage with half a teaspoon dried mint in one cup boiling water for ten minutes. Add one tablespoon cider vinegar. Saturate a small towel and apply as warm as can be tolerated.

Salt and Vinegar: Dissolve two tablespoons salt in three quarters of a cup hot water, then mix with three quarters cup of apple cider vinegar. Use a small towel to apply a wet compress to relieve congestion and promote better healing.

Tea: Wring a small towel out of strong, hot pekoe tea. Place over the painful area to reduce swelling and relieve discomfort.

Poultices

Bran: A paste of boiling water and unprocessed bran, applied hot and covered to retain the heat, was used to remove inflammation from bruises and sprains.

Oregano: Moisten two tablespoons dried, ground oregano with hot water. Let stand, covered, for ten minutes. Add more hot water to make a paste, then apply to the sore area as a pain reliever.



COUGHS, COLD AND FLU

There were a multitude of home remedies for these complaints, many of which have never fallen from favour beneath the avalanche of modern alternatives; an indication of the ubiquity of the complaints, the efficacy of the old-fashioned remedies and perhaps the inefficacy of the new. Whatever the reason, every family seems to have its favourite folk remedy or recipe, most being based on lemon juice, honey and garlic.

Lemon & Honey Drink

At the first sign of a cold make up this mixture and drink it two or three times a day.

- 1 cup water
- 1 whole clove
- juice of one lemon
- pinch of cinammon
- honey to taste

Combine water, clove and cinammon in a saucepan. Bring to the boil and simmer for one minute. Turn off heat and allow to steep for twenty minutes. Strain, reheat, add lemon juice and honey and drink while hot.

Ginger Syrup Drink

- 300 g (10 oz) sugar
- 600 ml (1 pt) water
- 6 cm (2½ in) fresh root ginger, peeled and bruised
- juice and some peel of 3 lemons

Dissolve sugar in water and add crushed ginger. Bring to the boil to make a syrup. Add strips of lemon peel, cover and cool. Add lemon juice. Strain into sterilised bottle. Best left a few days (refrigerated) before use. Add hot water if desired.

For coughs the juice of one lemon and one or two tablespoons of honey in a glass of hot water, sipped slowly while hot, is a favourite panacea. Hot milk with one or two tablepoons of honey is another easy soothing mixture.

For sore throats gargles were popular, either warm water and salt or a vinegar and water mixture – one tablespoon vinegar to half a cup of water. If laryngitis develops eat a whole bulb of garlic five times a day. This is said to work in 24-48 hours. Eating a lot of garlic (fresh or capsules) is said to be a cold preventative, as is the consumption of plenty of onions during the winter months.

A steam inhalation is often recommended to relieve congestion. Put a few drops of tea tree or eucalyptus oil in a

bowl of very hot water. Put your head over the bowl, a large towel over your head to trap the steam, and inhale the fumes.

MINOR BURNS AND SCALDS

Cold liquid applied to the area was and still is the best treatment, although for any but minor burns medical treatment is essential as shock and infection can often set in. Fingers or hands which are burnt while cooking can be held under cold running water or submerged in a bowl of cold milk or vinegar. If you have Epsom salts in the house make up a saturated solution in water (until no more will dissolve). Dip a wad of cotton wool into the solution and place it on the burn. Bandage the area and wrap in plastic to exclude oxygen. Alternatively, dip the bandage straight into the solution and wrap it around the burn, then wrap in plastic.

A stiff paste of vinegar and flour applied thickly to the area and left till dry, or cold egg white poured over a burn, will reduce inflammation and relieve the pain. Bicarbonate of soda can also be used to relieve burns (including sunburn). Mix a heaped teaspoon into a half cup of milk. Dab the burn with this mixture on clean cotton wool or soft cloth. Or, make a thick paste of bicarbonate of soda and water and cover the burn generously. For sunburn bathe in lukewarm water to which a handful of bicarb soda has been added. Lemon juice or apple cider vinegar, or slices of raw tomato applied to the area will also relieve sunburn.

STINGS AND ITCHES

Remove the sting and wash the area in vinegar, or, make a thick paste of bicarbonate of soda and water, cover the area generously and wrap in a damp cloth. A few drops of ammonia may be applied to the swelling or it may be covered with a slice of onion and wrapped in a cloth bandage. For bee stings a weak solution of ammonia or bicarbonate of soda and water is recommended. Vinegar or lemon juice is considered better for wasp stings. If a copper coin is placed over a wasp sting and wrapped in place the pain should be gone in fifteen minutes.

A sprinkle of salt will cause a leech to drop off, while ticks can be removed with salt, mineral turps, methylated spirit or tea tree oil. If the area remains itchy bathe it in vinegar. Itching may also be relieved by rubbing the area with sage leaves or applying a cold compress.

Nettle rash, heat rash and chicken pox itchiness may be relieved by covering the area with a thick paste of bicarbonate of soda and water.

HEADACHES

There are distinct types of headaches which may respond to different treatments. You may need to try a few methods before you find one that is right for you.

General Headache

Relaxation and deep breathing are the first options and may very well prevent a headache from developing. The juice of half a lemon in a cup of strong black coffee may also work as a preventative. Lavender and peppermint teas are old favourites, both taken internally and used cold to dab on the forehead. A mixture of three tablespoons of apple cider vinegar with one tablespoon of raw honey, taken at the onset may act as a preventative. Jack and Jill's mother, of nursery rhyme fame, relied on brown paper soaked in vinegar, folded and wrapped around the forehead. You may prefer to rub the inside of a strip of lemon peel on your temples or sip a drink made from the

juice of one lemon, one teaspoon bicarbonate of soda and a glass of warm water.

Tension Headache

Try eating a minced clove of garlic in a teaspoon of raw honey. Also, a hot towel or hot water bottle placed on the back of the neck may bring relief.

Vascular or Throbbing Headache

A foot bath of hot water with a dessertspoon of dry mustard dissolved in it was often used. An ice pack can be applied to the forehead or around the neck at the same time.

Migraine Headache

As a preventative you can try a drink of two teaspoons of apple cider vinegar in a glass of water with each meal. When a headache starts, combine equal amounts of apple cider vinegar and water, bring to the boil, remove from heat, and inhale the vapour. At the onset of a migraine take one tablespoon of raw honey and another after twenty minutes, with two or three glasses of water.

Headache Poultices

Bind wilted beet or mint leaves or slices of raw potato on the forehead. Or, place moistened baking soda, bruised garlic, shredded horseradish, or onion between pieces of gauze and apply to the back of the neck and/or the bend of both arms and legs, leave for half an hour.

Next time I will give you some of Grandma's remedies for digestive upsets, cuts and abrasions and hay fever. I hope you enjoy trying a few of these treatments and have some success with them.

Recommended Reading

Treasury of Home Remedies, by Myra Cameron, published by Simon Schuster.

Living Better For Less, Night Owl Publishers, PO Box 242, Euroa 3666, \$9.95 posted. Contains home remedies, beauty hints and much more.

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WOODEN YOU RATHER?

by Steve Fitzgerald, Upper Mongogarie, NSW.

As the festive season approaches and store shelves begin piling high with electronic wizardry capable of wiping out entire armies of mutant aliens it may be appropriate to look at a few old-fashioned toys that use an abundant, renewable and clean source of energy – children. Homemade toys have strong advantages over their shop-bought relatives, not the least is a distinct price difference. These toys can also be varied to suit different age and skill levels, so they can be produced with a specific child in mind, though the recipients of such gifts often have to wait until their parents have finished ‘testing it out’ before they get a turn. As I’ve said, most of these toys have a skill component, so they’ll help with eye-hand co-ordination and fine motor skills. Hopefully such fascinating devices will attract friends’ interest too, encouraging sharing and group interaction. The children themselves can also be involved in various stages of construction.

TOOLS

A few tools are needed, all basic and multi-purpose: A fret saw; drill plus a choice of bits; a clamp/vice; a selection of rasps – fine flat face, round, plus, most importantly, a hoof rasp.

Hoof Rasp

One of our most useful tools is the hoof rasp, you can’t get a much more specialised hand tool that is still being widely made, its versatility is definitely unrealised among traditional purchasers. In my experience it can shape wood into useful and/or aesthetic shapes quicker and neater than any other common hand tool. I’m aware of such exotica as spoke shaves and grandmother’s teeth, but most of these need considerable skill to maintain, and even more to use properly. The hoof rasp is useful in building and carpentry and is about the quickest way of rounding off corners or edges I’ve found. A major bonus of the tool is if accidents occur, a hoof rasp will only give you a serious graze across the knuckles, rather than sever some useful digits, as is a strong possibility with many modern power tools. A hoof rasp is something I would definitely pack in my choice of ‘desert island’ tools. The best places to look for these are produce stores or special horsey shops if you happen to live in a capital city.

A quick note on rasps, as opposed to files – on a rasp the teeth stick up more than they do on a file (they may even have individual teeth) and can easily be cleaned with a wire brush, even if the wood is oily, green or sappy, such wood will quickly clog up and ruin a file. If clogged, clean rasps with a wire brush. Store your rasps in a dry place, as the type of iron they’re made from rusts quickly. If they get wet, which our hoof rasp actually does when I’m using it for its intended purpose, a spray of WD40 (or similar product) will keep them in good condition.

HANDMADE WOODEN TOYS

Humming Disc

Perhaps the world’s oldest toy is the humming disc (said to be the ancestor of the bull roarer). It is basically an evenly balanced disc with two holes, spaced equidistant from the centre.

On a scrap piece of two or three ply use a compass to draw a circle (maximum diameter 4 cm (2½ in) for first efforts) and

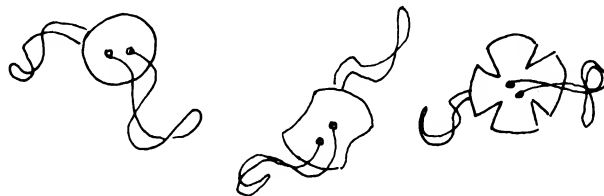
to obtain a centre point next mark a diameter and drill two holes along the line, each about 3 mm (⅛ in) from your central point.

Using a fret saw cut the disc out; see diagram for possible variations on a simple circle, different shapes will give you different sounds. As long as an even balance is maintained it doesn’t matter what shape you choose, but avoid any with angular points or projections as these can be dangerous.

Having cut out your shape, rasp and sand the edges smooth. Check its balance using the hole made by the compass point and see if it will sit on a pin or fine biro point. If it falls off too easily adjust as necessary.

Thread some soft, but strong, twine, 1-1½ metres (4-5 ft), through the holes, tie to form a loop and your toy is ready for action. Put fingers through the loops and twirl the disc around half a dozen times, twisting the string. Gently moving your hands apart and towards each other, while maintaining tension, should get the spin going on the humming toy; it may take a little practice to get it working efficiently.

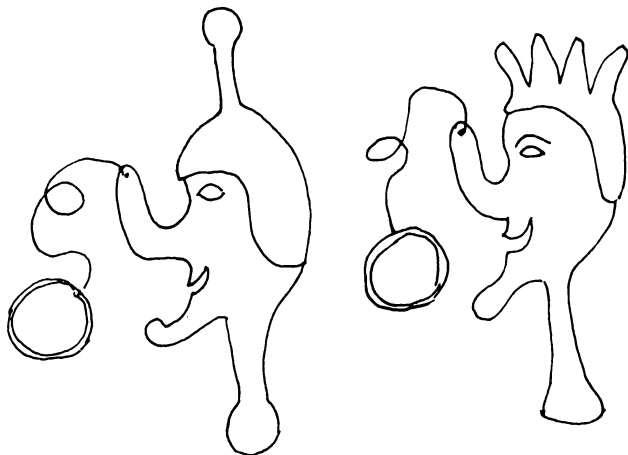
If the twine is too harsh on small fingers, or such a grip is unsuitable, two pieces of notched dowel (or sturdy sticks) can be used. Once proficiency is obtained with this toy, the disc can be passed from one person to another while still spinning.



Variations on the humming disc.

Hook and Ring

Another venerable toy is the hook and ring, a variation on the ball and cup, but easier to make. The traditional shape is Mr Punch wearing a cap but don’t feel bound by this, modern kids may prefer Punk Punch (see diagrams). Alternative shapes such



Two styles of the hook & ring toy, traditional ‘Mr Punch’ & ‘Punk Punch’.

as elephants, rhinoceros, dinosaurs, can also be devised to suit a particular child's, or crafts person's preference.

A piece of pine plank is best suited for this toy, to provide a better grip and for its light weight. Short lengths or offcuts of tongue and groove pine are often available at seconds building suppliers, you could also try any builders or joiners you may know; a piece about 30 cm (12 in) long is all you'll need. If using pine in a toy make sure its not CCA (Copper Chrome Arsenate) treated, this usually gives a green colouring to the wood.

When drawing your design onto the wood, allow for the handle to be long enough to provide a good grip, this will also give you the proportions for the rest of the piece. Another hint is to cut all the shape free except for the bottom of the handle, you'll then be able to clamp your work securely while rounding off any sharp edges or corners. When designing your toy make sure it lacks sharp points, or there may be some risk of injury.

Cut out a ring next, the size can be varied to require more or less skill (or make a series). Do the hole in the centre first so it can be smoothed while the work is clamped. (A large curtain ring may be suitable.)

Through holes drilled in Mr Punch's nose, or chin, and the ring, tie a piece of strong cord or ribbon, which also can be varied in length to suit skill levels. Your toy is almost finished.

The final process in making wooden toys is either to paint or stain them, ensuring nontoxic materials are used, or simply oil them; cooking oil will do fine.

In a follow-up article Steve will describe how to make more old-fashioned favourites, a balancing toy, a ring-toss game and a play clock.

GARDEN STAKES

When pruning trees save sturdy branches to use as natural looking, free garden stakes.

SELF-SUFFICIENCY SHOPPE UPDATE

The Self-Sufficiency Shoppe in Thebarton, SA (see GR 85) is no longer operating from this address. The proprietors, Pam Marshall and Phil Healy, are now promoting their range of environmental and budget friendly products through demonstration evenings, weekend markets and by mail order. If you would like a free catalogue or have any further enquiries the new address is: PO Box 110, Edwardston 5039. Ph: 08-352-4744.

OPEN HOUSE DAY FOR OWNER BUILDERS

The Nicholson River Open House Day gives people the opportunity to see many types of owner designed and built houses in various stages of completion. All the houses are highly individual and many are set in beautiful gardens on properties along the Nicholson River near Bairnsdale, Victoria. Another interesting feature is a number of independent power systems. There will be about twenty houses open on the day showing construction techniques and materials such as blue-stone, mud brick, post and beam, passive solar, earth, stone, cinva ram and cement blocks. There will also be a mud brick making machine and a qualified builder on hand to help with any queries. The Third Annual Open House is to be held on October 25th, 1992. All proceeds go to Clifton Creek and Sarsfield Primary Schools.

For further information contact Jenny Pound, PO Box 867, BAIRNSDALE 3975. Ph: 051-579-312.

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DOING BED AND BREAKFAST

by Erle & Sandra Bartlett, Hartley Vale, NSW.

When you consider the fact that a house or property is the most expensive investment that most of us will make, you can see economic reasons for making use of spare rooms or quarters that you may have. Another way of looking at Bed and Breakfast is that it provides an interesting way of meeting new people and making a little money at the same time. I cannot remember what justifications we used at the time, but about three years ago we decided to open a B & B in our property. After three years of experience, we felt it might be a good idea to set down a few of the considerations that might be faced by somebody having serious thoughts about opening up a B & B in their own home.

LEGALITIES

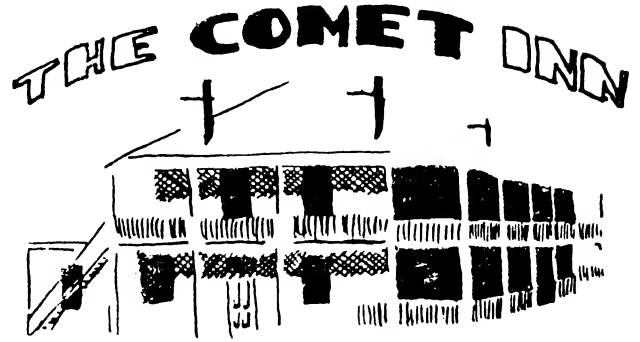
First of all, what about legal problems, will you run foul of local council regulations? The answer we found was – most probably not. Councils have regulations covering guest houses and boarding houses where a large volume of business is expected to be done, but for B & B establishments, where the volume is strictly low and on a casual basis, there are no problems. To be sure, it does not hurt to have a short talk at the local council chambers to reassure yourself of the position.

One legal problem that we did strike involved insurances. Usual household insurance is void as soon as you take in B & B customers. If you inadvertently manage to poison one of your guests, or if they fall down the stairs and break a leg, your insurance no longer covers any claims they may make. We had to shop around before we found an insurance company that would endorse our normal household insurance to cover guests and also provide us with extra public risk insurance at a reasonable rate. Many people we know do not bother with the extra insurance and take the risk themselves, but if you include the cost of insurance in your considerations of what to charge, then it will only add a little extra to each person's daily tariff.

Lastly, in terms of legalities, comes the tax man. If you are operating a B & B as a business, for profit, then the tax man says you must pay tax on your profits. You must keep records of not only what you make, but also of what you spend. Include everything, because it all makes a difference to what your actual profit is. New sheets, towels and other items that you may buy can be written off to B & B expenses if they are to be used for that purpose. If you have a tax agent, consult with him and remember to keep all your receipts.

THE HOUSE

What about the actual physical conditions you have to offer, what do you need? The most obvious thing you need is empty rooms! It is no good to offer B & B and then turf a family member out of the bed to put them up. You really need to have a room, or rooms, specially set up for guests to sleep. If there is a separate bathroom for them to use that is fine, but it is not absolutely necessary. All of our guests have been happy to share a bathroom with us without any problems. It is also nice if there is a room that can be used as a guests' sitting room, but again it is not absolutely necessary. This sitting room is also a good place for folding beds if the situation should warrant them and the guests are happy with that arrangement.



The permutations of building design and the consequent possibilities of what people have to offer are countless. Look at your own situation and think about what you can do to ensure your guests' privacy, and your own, at the same time as making them feel part of the family.

FOOD

Good food and plenty of it is essential. The name of the game is bed and breakfast and we emphasise the breakfast part as much as the bed. We have noticed that people appreciate a good breakfast and have mentioned it in their recommendation to other people. We always keep a stock of about four different cereals in the cupboard and our kids help to keep these reasonably well cycled and fresh. Fresh orange juice and milk are also necessary although the orange juice can be frozen. The cooked portion of breakfast usually centres around eggs, tomato and onion, and bacon or sausages. Most of this can be frozen or bottled and so does not require special shopping trips should guests arrive on short notice. A few croissants in the freezer make a nice addition to breakfast and of course, some homemade jam or honey.

We are usually all pretty ratty around dinner time and have a lot of good restaurants around us, so we tend not to offer meals apart from breakfast. We have done so, however, when the occasion has required it, and we don't think the guests have regretted it. A simple meal or a family favourite is all that most people expect, the worst thing that you can do is to try out a new recipe on them.

ADVERTISING

Finding a cost-effective way of advertising is difficult. You can spend a lot of money on advertising and then spend a lot of time cooking and washing sheets to catch up on what you have spent. You may find that a simple B & B sign on your front gate will generate as much business as you want. A small run of handbills to be left at local tourist information centres is handy too, as well as some signs or posters at the local shops and tourist attractions. You will find any number of publishers and B & B organisations who are willing to accept your money in return for advertising. Do business with them as you wish and either profit from the venture or learn from your mistakes.

THE PEOPLE

If you are the sort of person who is considering doing B & B, then the sort of people who are mostly likely to stop with you

are the people you are most likely to get on with. In all the time we have been doing B & B, we have not accommodated anybody we didn't like or who we considered would be likely to duck off without paying, taking the family silver with them. In fact, it has been a pleasure to have had all of the guests, from a variety of cultural and economic backgrounds, that have stayed with us. Always remember that if someone turns up on your doorstep, without booking previously, you can say, 'Sorry booked up tonight', or 'this week', or 'for the next few years!', if you don't like the look of them. After a while you will become less nervous and look forward to the variety of people that you will meet.

WHAT TO CHARGE

Here you must find a balance. The expenses of doing B & B, as well as the tax you pay, must balance favourably with what people are prepared to pay. What is left from that is compensation for your own labour of cleaning, washing, cooking. We find a charge of \$25 per person for a night is adequate for us and attractive to guests. Many people charge much more, and if your house is decorated with antiques or in a popular tourist location, you should feel quite confident in doing so too. The final choice of price is yours, but remember that you are a business, not a charitable institution.

I suppose that after three years we have come to think of B & B in a number of ways: as a source of income that encourages self-sufficiency, as a method of meeting new and interesting people, and as a good reason for cleaning the house - 'people are coming and they can't come while it's like this!'

If you are someone who has been thinking about doing B & B, we recommend that you try it, stock in some food and put out your sign. It will be worth it even if the only result comes from the excuse to 'clean up before the people get here'!

CABBAGE MOTH DETERRENT

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DEMOLITION DWELLING

RECLAIMING BUILDING MATERIAL

by Derek & Jenny Forsyth, Melrose, SA.

Seven years ago we began the pursuit of our dream on our 370 acre plot in the mid-north of South Australia with grand plans of a stone home built entirely of reclaimed materials, bar the roof (I hate leaky roofs) and the foundations (I also hate repairing cracks). The site was perfect, Mt Remarkable National Park on our western boundary, providing a 700 mm (20 in) rain shadow, and the Willowie Plains on the eastern side, providing a spectacular view. The property is liberally spotted with eucalypts and callitis, with some quite dense forest patches. Mains water is attached and there is great potential for dams and bores. The wildlife is abundant and the earth fertile.

We began our building with demolition. With the help and shared profits of two other owner builder couples and several friends and relations we, together and separately, demolished seven Housing Trust houses for baltic pine and jarrah framing, two warehouses for 30 x 7.5 cm (12 x 3 in) oregon beams, an old Elders showroom for jarrah flooring and 22 x 7.5 cm (9 x 3 in) oregon beams, a car dealer's front wall for plate glass and an old ruin of a stable for stone. We frequented auctions and came up with still more materials including jarrah 'stays' from the wheat stacks of yesteryear, a thickener to clean up all this timber and numerous solid doors and windows. Just writing all this down makes me wonder what possessed us. All this time we were either both working or raising our two beautiful boys.

Finally construction began. Foundations were poured by hand; 28 metres of concrete via three mixers, forty friends (including small children) five dogs, one lamb on a spit and enough salad to fill us all twice. A very memorable day. Next came a timber storage shed and a workshop large enough to build component parts on rainy days. This was built entirely of reclaimed materials but a touch of paint in environmental

colours has brought it up wonderfully. Landscaping has slowly begun with some trees planted and repositioning of dirt for drainage and optimum garden postitioning.

We reached this point over a year ago. My only regret is I didn't give it more full-time attention instead of chasing an income. For personal reasons of self-development and our childrens' education we are relocating. The GR lifestyle is in our blood so wherever we end up it will continue to be our way of life. A community property would be ideal. Perhaps, as happens to many, we just wore out, and yet I don't feel defeated. For me my family and time spent with them has taken away from building time and of this I have no regrets. My family will always come first. A word of warning though. Look closely at what your priorities are and how much work is really needed for the lesser ones. Does the work overshadow your top priorities? Self-sufficiency can be hard work but careful planning can make it easier.

RECLAIMING MATERIALS

To help others who would like to build from reclaimed materials I will elaborate more fully on some important points.

Finding Places to Demolish

Due to the variety of materials we required there were several different methods. The stone came from local farmers who often have derelict houses or sheds. We simply spent a few days driving around our district on all the back roads and mapped out the location of buildings without roofs. Any building, no matter how deserted it looked, still had potential as a dwelling with a roof, as the weather had not yet attacked the walls. We then enquired around to find out who owned the roofless buildings and what their history was. Any building with historical significance or emotional ties for the family (great



One of the seven housing trust houses we demolished. The spoils from one house are already loaded on the trailer ready to be taken away.

grandma lived there) were avoided. Once chosen the buildings came down easily as most were mud mortar.

We gained most of our timber and glass by watching for tenders in the local papers. If you have friends who are also interested in gaining materials in this way it is a big help because you can take on the bigger contracts such as from your state housing trust. We gained a contract for seven houses in this way with the help of two other couples. We also demolished a warehouse with my wife's brother as a partner. Tendering for a contract is a hit and miss affair. I suggest you enquire around as to the approximate price of similar contracts, close your eyes, flip a coin and fill it in. Sometimes you get paid to demolish, sometimes it costs you money. These demolitions led to word of mouth assistance through friends approaching us with more buildings that needed to be removed. Then of course there are local clearing sales which not only include materials in piles, but occasionally buildings as well.

Permission From Relevant Authorities

With tendered contracts the owner would need to have obtained a demolition permit already so that you are only hired as a contractor. Sometimes the tender is for a 'purchase and removal' situation in which case you should check with the owner to ensure that they have gained approval. I've yet to strike someone who hasn't. Of course in country areas where the building is in the middle of nowhere these details can be ignored. If it becomes your responsibility to gain permission a demolition permit is available from your local council.

Costs Involved

Within towns or wherever there are likely to be curious children (or adults for that matter) insurance is advisable and sometimes insisted upon by the owner or council. We had a great deal of difficulty obtaining insurance as we were not a bona fide demolition company. We eventually obtained insurance from an overseas company through a local agent for \$350.00. This was for the tender on the seven Housing Trust houses where we were completely responsible. With other demolition, such as the warehouse, there were other buildings also being demolished and so the owners were responsible.

On one situation we camped on site which controlled the flow of curious onlookers and thereby afforded us sufficient insurance. Since the demolition of a timber framed house from beginning to cleared site takes two or three people only a few days this method is advisable as it also discourages the theft of materials, which we had happen to us on one occasion.

Transport can be another major cost if you haven't got a truck. We have a truck but found in the case of the seven Housing Trust houses there was just too much material. We arranged for a local carrier to leave a semi-trailer on site which we filled as we went. When full they simply connected their prime mover and took it away. Since we required three semi loads this paid off doubly because it left our truck open to carry rubbish such as gyproc and fibro (which cannot be removed in one piece) away.

Occasionally you will be required to clear the site of all remnants. We hired a local earth mover for this. I've yet to meet an earth mover who comes when they say they will so your determination and PR skills will come into play here, especially if you have a contracted deadline to complete the demolition. With carriers as well as earth movers it pays to shop around. Some are more flexible than others.

The only other cost is tools. A jemmy bar and hammer are number one, plus others like screwdrivers, spanners, sledge hammer, etc. You will need all these for reconstruction so they don't really count. We did the Housing Trust houses in the summer so the cost of ice blocks and ice creams amounted to quite a large sum!

Tackling The Job: Tools, Methods, Precautions

The first consideration is safety. Six people is the maximum we found could work on a house at one time. With this number we could demolish a house in a day, be cleaned up and on to the next house by midday the next day. More than six was dangerous with too much happening around the site. Two is the minimum on the big jobs for reasons of safety.

It might seem fiddly, especially when that destructive urge hits you (it's great therapy), but start on the electrical fittings, taps, doors, windows and anything else of value that can be accessed prior to structural demolition. Next go to the roof and remove the iron or whatever, and rafters. Third go to the ceilings and the walls, if timber framed. If it is a stone building do the floors first.

Every house is built slightly differently. Some you'll want to save almost everything. Others you'll find a lot of trips to the tip are necessary. Things like fibro (approach with extreme caution using mask and gloves), gyproc, mortar, mouldy synthetic carpets, broken doors etc can't be salvaged. Virtually everything else, with care, can be.

Floorboards are the biggest hassle. We had lots of advice from lots of people. Most of it didn't work. There are a few good tips though. If you're lucky, with three or four people spread out along the length of the floor armed with jemmy bars and hammers, working in unison, the boards will pop off. An alternative, which works with fewer people, is long narrow wedges or picks driven between the joists and the floorboards at several positions. In all cases the first couple of boards are usually sacrificed unless the walls are already gone. If you are finding the boards are splitting or just not budging then move to plan 'B'. Flood the floor with water and keep it wet overnight if possible. This causes the boards to swell and push the nails up slightly. The next day simply approach again with jemmy bars and/or wedges. If the floorboards are soft wood the nails may just pull through them. This is good enough.

Once we struck a floor where this just didn't work. It was a wool store with beautiful tongue and groove jarrah supported by 7.5 x 22 cm (3 x 9 in) joists. We had already paid for it and were having no success. One corner had been tried by a previous tenderer and was given up on. We hit upon the idea of driving the nails part way down with tapered punches until they were just holding the boards. The punches need to be tapered, as straight ones were difficult to remove and often broke. We then knocked the boards up from below with 10 x 5 cm (4 x 2 in) timber mallets, as jemmy bars still damaged them. The result was virtually clean, denailed floorboards with easily denailed joists because there was just enough nail showing to hook a hammer on. This method meant the whole approximately 30 sq metre (300 sq ft) floor took nearly a week. Still cheap for beautiful jarrah flooring and huge beams.

Another difficult area is high roofs. With trusses, reverse the procedure for erecting them. With the ends supported use ropes slung over the next nearest truss and lower it until it is inverted, then lower the ends. With the warehouse we pulled down, the



The truck is backed up to the old stone wall to enable stone to be loaded straight on.

trusses were 12 metres (40 ft) long. The task of lowering them was daunting to the point of seeming impossible. The logical solution was a crane which we could not afford. My motto in these cases is to expend all avenues of ingenuity before parting with money.

We ended up decladding the entire building leaving only the frame. We destabilised the posts at their bases by cutting alternate ones part way. We then hooked a rope to the peak at one end and pulled the 37 metre (120 ft) building flat with a ute. All timber survived and so did we. Looking back this was quite risky, but I assure you at the time we took every precaution with escape routes planned and partners observing to call a warning. The whole thing went beautifully.

Another hard one is large sheets of glass. Talk to your local glaziers. They'll think you're crazy, but are full of good ideas. We bought a 3 x 3 metre (10 x 10 ft) crate from them to transport 2.2 x 2.5 metre (7 x 9 ft approx) of glass. The frames of these windows were merely trim concrete so we had to carry them without the frames. This was the most nerve wracking and potentially the most dangerous salvage job we undertook. Old glass breaks easily as it becomes more brittle with age. The only way to carry sheets of these dimensions is upright with seat belt straps slung under them. It took four strong people, two on each strap, to carry these large sheets. A deep breath was taken each time we placed one in the crate. Don't even contemplate glass this big with chips or cracks that could spread.

Just one note about stone walls. Most times it's dead easy. Just pull your truck up alongside and load them on. I don't bother with small stuff as there always seems to be plenty when you work the stone at rebuilding time. Be careful though. If a wall doesn't look safe for any reason, knock it down first. It's harder to dig out the good stones from a heap, but easier than digging yourself out from under that same heap.

Demolition might seem daunting at first, but once you take the plunge it is quite easy. No special tools are needed, just ingenuity with the ones you've got. Be aware that the simplicity of it can make you careless. Know the whereabouts of everyone else on site and keep bystanders clear.

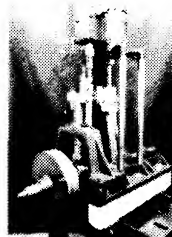
Other Relevant Information

After the demolition was complete we were faced with denailing an unruly pile of timber dumped unceremoniously in our yard. The initial excitement of obtaining this material had waned. The denailing dragged on for years. The alternative is simple. Do it on site as the building comes down. When we used this method of denailing as you go it meant the demolition took longer, but the results were worth the time. We ended up with fewer truck loads and easily managed piles that could be stored under cover immediately.

Demolition is a cheap method of obtaining building material. It is not all that difficult, but it does take time. Even after you have acquired this nice neat pile the time consuming part continues. Old timber cracks easily and in the case of jarrah and other hard woods becomes so hard it is almost impossible to pound a nail into. This means drilling a hole for almost every nail. Some timber will be useless as well due to cracks, white ant infestation or other damage. On top of this most councils will insist that their building inspector checks the timber for soundness. If you're in a rush to build this may not be the way to go. However a house built from recycled materials that may not be available any other way has the added satisfaction of being environmentally sound from beginning to end; a new house with that lived in feel.

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COMPOSTERS I HAVE KNOWN

by Nevin Sweeney, St Clair, NSW.

Do you feel guilty every time an apple skin or the potato peelings end up in the rubbish bin instead of being recycled? Do you feel that you are depriving your beloved vegie garden of vital nutrients and contributing to pollution and the filling up of our rubbish tips at the same time? I must admit to such worries and have had a number of shots at composting over the years, mostly without success, but have recently found a method that works. The following is an outline of the methods I tried that didn't work, why I think they didn't work and the one that does. None of the methods are my own invention, but are ideas picked up from organic gardening books and magazines.

The classic method of making compost using the three bays, each capable of holding a cubic metre or more of compost (one bay freshly laid, one composting, one ready for use) is without doubt the best. However in the backyard, it takes up quite a bit of space and can look unsightly, but more of a problem is the amount of organic matter needed to fill it. Each bay would take months for the average city dweller to fill, whereas the idea is to have all the gear together then lay it and set it to composting in one go. So for me this method was unsatisfactory. I needed a composting method which would not be too unsightly, not take up too much space, be able to deal with regular small additions of material, be inexpensive to construct and make good compost

COMPOSTING METHODS I HAVE KNOWN

The Pit

This is one of the simpler composting methods and was the first that I tried. As the name suggests the organic matter is shovelled into a hole in the ground and then covered and allowed to break down. How low tech can you get? On most counts it did pretty well, but the problem came with the first rain. We have clay soil and the rain seeped in and stayed, the result was a cold, sodden, stinking mass; some decomposition occurred but you couldn't call it compost. Back to the drawing board.

The Heap

This is perhaps marginally simpler than the pit in that the organic material is dumped on the ground and then covered. The problems that I encountered with it were twofold. First was that once the chooks discovered it they immediately set about distributing it for me free of charge, repeatedly! The second and more serious problem was the perennial one of being unable to accumulate enough organic matter to build a heap big enough so that the heat generated did not escape through the sides. A big enough heap would also have looked untidy.

The Inverted Garbage Bin

This is based on getting a plastic garbage bin, cutting out the bottom, inverting it and putting the lid on the hole in the bottom. When the compost is ready lift up the bin and bingo, there it is. All very well in theory but in practice the mass was not large enough or well insulated enough to retain its heat and the result when the garbage bin was removed was a partially decomposed pile of yuk. The 'Gedye' compost bin works on a similar idea but because it is larger and made of thicker plastic it actually works, keeping the heat of decomposition in. Their high price, however, ruled them out of my composting efforts.

The Partially Buried Garbage Bin

This is a similar idea to the one above but the bottomless plastic



Working the compost in our recycled incinerator.

garbage bin is buried to around half or more of its height in the ground, right side up. The idea here is to provide a certain amount of insulation using the earth that the bin is buried in so that a high temperature can be achieved and maintained. Again, a nice theory, but here the clay soil comes into it again. On the first rainy day, water percolated up into the would-be compost and drowned the bugs. This cold, wet pile of rotting garbage is starting to be a mighty familiar sight, not to say smell.

The Compost Roller

This consists of a metal drum on its side, elevated so a wheelbarrow can be slotted in underneath for unloading purposes and fitted with pivots so the compost can be mixed by rolling. As a base I used a 200 litre (44 gal) drum (unsightly but a hint of desperation was creeping in at this stage) due to low cost and easy availability. Commercial models were out of my price range. The rolling action introduced a new factor, the organic matter tended to form balls an inch or two in diameter that were fibrous on the outside and disgusting on the inside, interesting but not very helpful. Again the main problem seemed to be lack of mass and/or insulation so the temperature could not build up enough for sufficient decomposition.

Eureka!

All this experimentation over the years amounted to no small level of frustration for myself and no little amusement for the neighbours ('Made any compost yet Nev? Ha, ha, ha!'). Now, however, I believe I have the answer, in the form of the humble, concrete-block, backyard incinerator. For a number of years we have been forbidden to burn off in our area and during that time the old incinerator sat dejected and useless in the corner of our backyard. Recently I remembered reading somewhere that it could be used to make compost. It doesn't look unsightly, is cheap (or free) to get, takes up a minor amount of space, copes well with small to medium sized additions and provides sufficient insulation to retain heat well. Being elevated it also drains well if any water does get in, so no more disgusting, smelly masses, just good compost. So after all these years I've finally found a composter that 'works for me'.

GROWING HEALTHY CHICKS

by Megg Miller, Shepparton, Vic.

Last issue I wrote about managing poultry so maximum results could be achieved from setting hens. I discussed the importance of correct feeding and parasite control in breeding stock, suitable environments for a broody hen, selecting and storing fertile eggs, care of the broody during the incubation period and finally, what to expect at hatching time.

Several issues may need further clarification. The first concerns the time of year for setting broody hens. If, as previously mentioned, spring is the most desirable time, do problems arise when hens go broody in summer or even autumn? Chicks hatched in summer (or later) will be too young to commence laying in autumn and thus provide eggs over winter when the older hens are usually resting. Unfortunately broodies are not always forthcoming in spring nor are they reliable sitters then, whereas the high temperatures of summer favour the onset of this state. Summer broodies tend to sit tighter too though the eggs may need spraying lightly with tepid water around the eighteenth day because of the hot, dry conditions. Autumn hatching is not recommended. Fertility has usually dropped off by then, shell quality is low because of prolonged laying and the effects of high temperatures, egg size is reduced (there is a correlation between egg, chick and adult size) plus chicks hatched so late in the season are slower growing than spring or summer counterparts and are more prone to setbacks and disease.

The second problem is frustrating for poultry keepers. How do you induce broodiness in your hens? Alas, there isn't a single action that will precipitate broodiness because it is under hormonal control but its incidence is accelerated by temperatures over 30°C and by allowing a build-up of eggs in the nest. Many of the hybrid strains and hens of Leghorn breeding rarely display broodiness; Silkies, Game breeds and those of the old-fashioned dual-purpose category are most likely to develop broodiness.

DAY OLD CHICKS

Rarely do all chicks hatch at the same time with natural incubation. For each day an egg has been kept, an additional hour must be added to the incubation period; not surprisingly you may find 1-2 days difference in hatching time. Some late hatching chicks may not survive. They may be smaller and slower than their siblings and although you can provide TLC to get them started there is a strong chance nature will ensure the survival of the fittest. Such losses are no reflection on your management.

Newly hatched chicks do not need to eat or drink straight away because prior to breaking out of the shell the remaining yolk sac is withdrawn into the body cavity. This is highly nutritious and will tide the chick over for several days. Chicks are often sold as day old and transported considerable distances; this practice is possible because the littlies do not require food or water for survival at this stage.

If you want to buy chicks and place them under a foster hen, the time to do it is after the hen has been on dummy eggs for at least two weeks, and when the chicks are 1-2 days old. Hens need a period of time on eggs to develop their maternalism or they may kill the newly introduced chicks. The latter should



A broody hen will teach chicks the ways of the fowlyard.

be no more than three days old or they will be disinclined to accept the foster mother. Introduce chicks at night, placing them under the rear of the hen; she will quickly wriggle around to accommodate them. Remove all but 2-3 dummy eggs, a couple left behind usually keeps the hen on the nest the next day and allows an opportunity for mother and babes to familiarise themselves. Remove remaining eggs the following evening and relocate the family to their rearing coop.

BASIC NEEDS OF CHICKENS

Newly hatched chicks (and the young of other avian species) are precocial, that is, they emerge covered with down, their eyes are open and they are capable of independent movement. However they are dependent on a source of heat for 4-6 weeks until their natural down is replaced by feathering. They also need water, in shallow containers or they are very likely to tumble in and drown, and a source of food. They also require protection from predators such as rats, goannas, cats, small dogs and birds like crows and hawks. These needs may be met with natural or artificial brooding.

Natural Brooding

The mother hen can be safely trusted to care for her chicks. She will keep them warm, protect them from danger and introduce them to the ways of the fowlyard. It is safest to keep the family contained in their coop for the first fortnight; by then the chicks are relatively strong and are well imprinted so will return to the hen on call. The coop should be roomy and covered with chicken wire to prevent chicks squeezing out and becoming lost. Details of a simple broody run were published in GR 81, p 58, and a homemade chicken waterer in GR 88, p 52.

Chicks have tiny crops so require a number of small feeds over a day. A self feeder is the easiest solution and may be purchased from a produce store. Old poultry books contain DIY

designs which can be knocked up in a couple of hours. Check your local library. Despite the many stories which prevail about commercial poultry feed, chick starter does not contain hormones or antibiotics but it will contain a coccidiostat. Naturally reared chicks are less at risk from contracting this disease than brooder reared chicks. The convenience of a ready made, balanced ration for the first couple of weeks of life probably outweighs any disadvantages associated with the coccidial medication. A natural alternative would be a mixture of crushed grains and of course, chopped greens should be given with both rations. Once chicks are out ranging the need for the balanced starter crumble is reduced.

Artificial Brooding

Chicks may be purchased and raised in a homemade brooder. This need not be expensive or elaborate. A large cardboard motor mower box will suffice for the first week (for a dozen chicks). The box should be opened out and a second box obtained and cut likewise, and the two run together to form a surround or barrier. An electric heat lamp, secured from above, is recommended, either carbon filament or infra red, but as the cost may be as much as \$50 a cheaper option needs mentioning. An ordinary 60 watt pearl light globe can be used but it is not a heating source so the chicks will need their box partially covered for the first week or two to conserve warmth. Your homemade brooder should be set up in a draught-free shed or room, and be secure from predators and inquisitive children.

Set up the brooder prior to the chicks' arrival. Cover floor with non-slip paper, scatter with budgie seed or starter crumble and set up waterer. Dip the chicks' beaks in the water before placing them under the heat source. Watch the chicks' behaviour – if they huddle up miserably they are too cold, and if they retreat to the farthest corners of the box they are too hot. Raise or lower the lamp accordingly. Remove paper from brooder after five days and replace with litter, rice hulls or chaff being suitable. Increase the floor space as the chicks grow by opening out the cardboard barrier. Chicks should be ready to be relocated outside in a clean shed with warm litter by 4-6 weeks, depending on the temperature. Remember that cold snaps may kill growing stock.

Growing Chicks

Chicks from six weeks onwards still need protection from predators and from bullying from other stock. They will grow best in a shed by themselves. This will minimise the risk of disease as they won't yet have acquired adequate immunity and it will allow them a ration higher in protein (to facilitate growth) than laying fowls require. Ideally they should have access to free range. If this isn't possible everyday, boredom can be overcome by scattering grain on their litter so they are encouraged to scratch, and hanging bunches of greens high enough that they need to stretch and jump. Should a vice like feather picking develop you will need to assess the situation; are they being fed a homemade scratch ration with insufficient protein and hence feather eating to make up the difference, or are they just bored? A wet mash containing lucerne chaff and meal in addition to bran, pollard and grain often reduces feather picking.

HEALTH MANAGEMENT

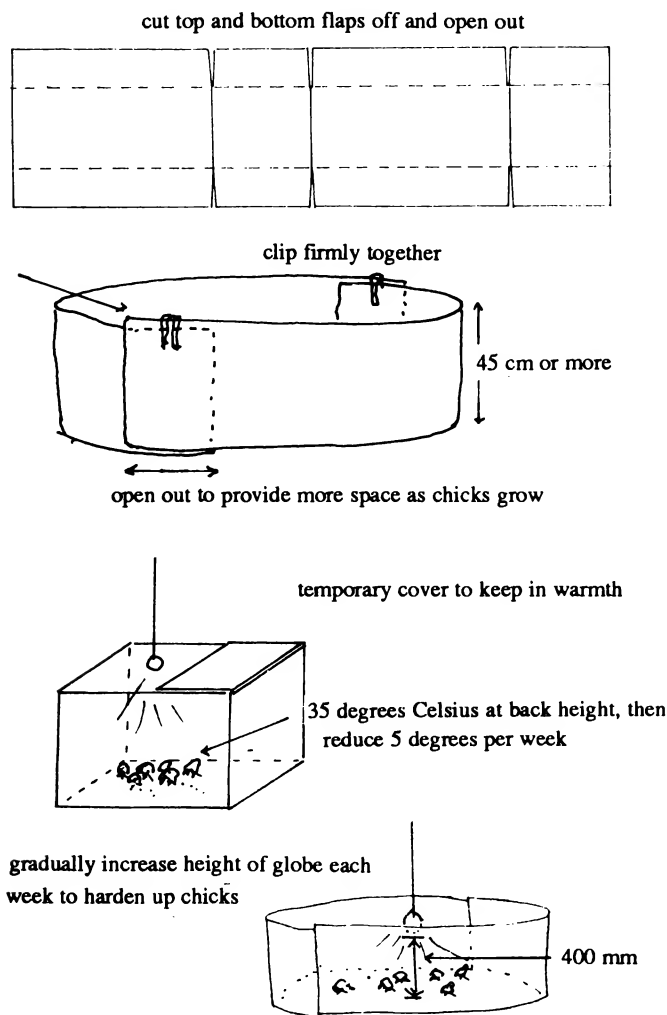
Growing chickens kept in dirty and overcrowded conditions are at risk from coccidiosis. It is a protozoan disease, the protozoa surviving in soil and on equipment for considerable periods of time and multiplying in damp, warm conditions. Keep management high, and reduce the risk of this disease by adding crushed garlic to the water once a week and by mixing either plain yoghurt or buttermilk into their scraps or mash. Fermented milk products were used by old-timers to control this disease. A little slippery elm powder sprinkled onto the scraps or mash will soothe inflamed intestines and reduce diarrhoea.

Worm infestations are common in all poultry out of yards that may have been used recently by adult stock. Regular treatment with crushed garlic is advised, and a little cider vinegar added to the drinking water won't go amiss either.

SEXING

As your chickens grow physical differences will emerge between the sexes. The principles for sexing vary depending on the breed; a comprehensive article on this subject is found in GR 82, p 14. Briefly, males exhibit greater comb development, large foot size, and are frequently slower feathering, especially on the wing butts. Their behaviour too is more aggressive.

It is very satisfying to breed and grow out your own birds. They are usually healthier and in the case of table birds, you know exactly what has been fed to them. Growing chickens require clean housing and litter, plenty of exercise, adequate protein, green feed, and your friendly interest to achieve their full potential as healthy, productive fowls.



NO-DIG GARDEN METHOD

by H M Irons, Box Hill, Vic.

This method of building up a vegetable garden has been expounded by Esther Deans. I have adapted her ideas to suit my garden. First I clear the ground; weeds and unwanted material are placed on one side and disposed of appropriately. Loose soil is stacked in mounds for use at a later stage.

I usually make use of a number of herbs, planted amongst the vegetables. Borage will encourage the bees and help in pollination. Feverfew will help to deter the insect population. A book on companion planting will tell you how basil, mint, nasturtiums and other herbs can benefit your vegetable garden.



Layering of the vegetable bed proceeds as follows:

- Place rough material such as small sticks, coarse garden material, over the space of the garden bed. This should be about 1 m (3 ft) wide and 5 cm (2 in) high. This acts as drainage.
- Cover with lucerne, which provides nitrogen.
- Cover with straw. This material will help in 'composting'.
- Place over the straw a layer of compost or lightweight garden material such as green leaves, peelings or other organic matter

from the kitchen.

- Cover with organic manure. If chicken manure is used, it should not be fresh.
- Cover with a layer of soil. This will hold the seeds or seedlings.

The mound should be about 80 cm (2½ ft) high. Allow this mound to mature for 1-2 months. Water occasionally and keep weeded. Plant seeds or seedlings as the season requires.



A thriving no-dig garden, peppers in the foreground, staked tomatoes in the background.

THINK POSITIVE

by Jenny & Ted Lacy, Talbot, Vic.

It's good to read a magazine with an optimistic outlook on life and that seems to rub off on the readers and the writers of the letters in Feedback. Instead of moaning about the raw deal life (or the government, or whoever) has dealt them, GR folk are finding ingenious ways of overcoming any problems they might have. I reckon that it will be the little people who eventually kick-start Australia and get it back on its feet.

My husband and I, both in our 50s, have been working at building our own home, mud brick of course, for the last (nearly) four years and expect to take another 1½-2 years before finishing it. At first, we lived and worked in Melbourne, just spending weekends and a couple of annual three week holidays digging, mixing and planting up here. Then we were told that I could get a job locally, so we doubled the size of the shed, gave notice, packed up and began the move, which took us almost a week. During that week, back in March'90, a local industry retrenched 60 people, so the promised job, and any others that might have been available, were long gone by the time we had organised ourselves and driven to town. To cap off a crummy week, the DSS said that we had to wait 12 weeks before we could collect any unemployment benefits, because we had come from an area of high employment to an area of low employment. I think they expected us to give up and leave.

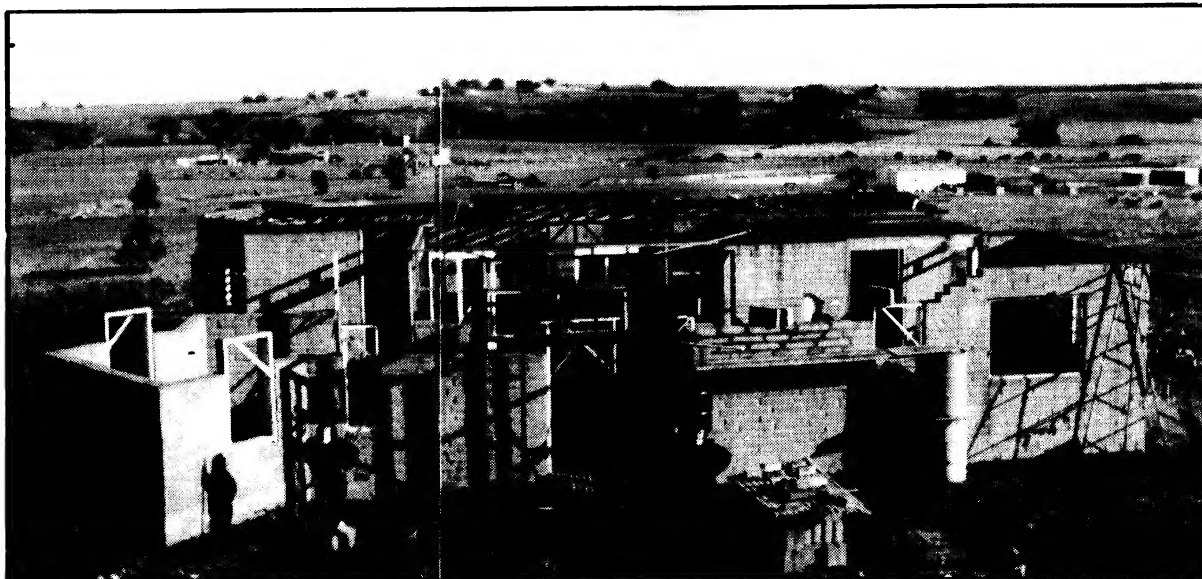
I put up with the indignities, tried for jobs as far away as Ballarat, with no success, and then decided to spend the time more profitably – I went back to school! To be more precise, I began a Studio Textiles course at the Melbourne College of Textiles. I am now nearing the end of the two-year course, majoring in weaving, the culmination of which will be the exhibition of the works of graduate students from November 12-21 at the Malthouse Theatre Gallery, showing the best of the weaving, knitting, printing and tapestry they have created. We have called the exhibition 'Blood, Sweat and Brilliance' and hope that plenty of people come to see us and our work.

My main reason for taking on a two-year full-time college course was so that I could learn a new skill and utilise that skill

into creating woven pieces using locally grown and spun wool, which I hope will eventually become part of the tourist trade in the central goldfields area around Maryborough and the outlying small towns. If there aren't any jobs about, we simply have to create our own. I don't know whether I can create a successful weaving business, but I'm certainly going to give it a darn good try. Ted is building like mad and wants to try his hand at making furniture from recycled timber, after the house has been completed. We might have to live on government handouts for another few years, but will be working very hard to create our own wealth and get away from benefits. There are many people who have already done the same thing and who are now owners of successful small businesses and I'm sure many more will follow. A positive and optimistic outlook is one of the first requirements, hard work is another.

I think our kids thought we were mad, taking on a project like building our own home, which is not small I might add, but about 18 squares. The satisfaction in seeing it grow, bit by bit, looking more and more like a house as the walls get higher, is immense, as any owner builder will tell you, and it's so exciting! There is no other way we could have acquired a house of our own with the little nest egg we had (now dwindling more and more rapidly), but to build it ourselves with the dirt from our own block of land. If we can do it at our age, it must be much easier for younger people to do the same thing. Think positive! I would like to think that I will be writing to you in three or four years to tell you that the house is finished and is a dream and our business is up and running and doing very nicely, thank you! That's what we'll be working towards.

The exhibition of graduating students in Studio Textiles from Melbourne College of Textiles will be open to the public from Friday 13th November to Saturday 21st November, except Sundays, from 12 noon to 7.30 pm at the Malthouse Theatre Complex, 113 Sturt St, South Melbourne. Any enquiries regarding the exhibition or courses at the college can be made to the Brunswick campus of the college in Dawson St on 03-389-9111. Work to be exhibited will be weaving, tapestry, fabric printing and knitting.



Our eighteen square mud brick house under construction.

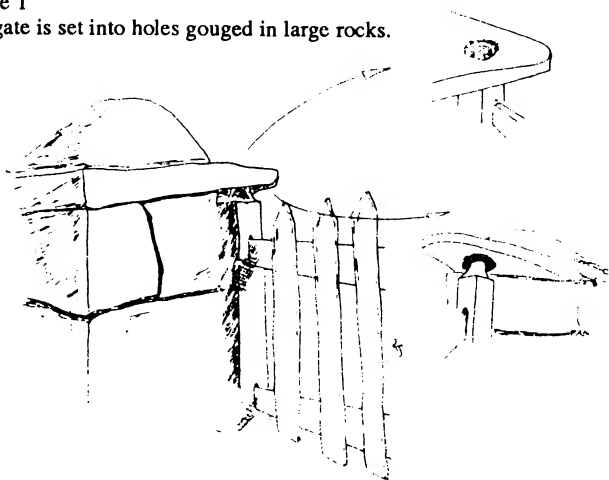
SOME HOMEMADE GATE IDEAS

by Robin Jean, Braidwood, NSW.

Homemade gates are a feature of our historical rural scene in Australia. We have the wire Queensland gate, timber slip rails and timber gates. But these days most gates are either bought in a stock and station agent or hardware shop, or made using wire in combination with steel posts or thin wooden droppers. In some parts of the world, however, fencing wire and sometimes even fences themselves are virtually unheard of. Instead the farmers shepherd their flocks and make do with natural products such as timber, rock and living plants for fences. This is all very well for fences but what do they do about gates? How do they put a gate in a stone wall or in a living hedge. The solutions vary with the location and culture of the people. Even within a single country solutions can be diverse.

Take Spain for instance. A few years ago we were tripping around their rural scene keeping our eyes open for agricultural techniques we could learn from. And the Spanish gates and gateways stood out and commanded our attention. Though these gates are occasionally made of metal they are often inspired works of timber. In stone walls the practice is to hinge a metal or wooden gate into the stone gateway. Here it is the hinge that catches the eye rather than the gate. It is a fairly standard practice all over Spain to hinge such gates by extending the hinge side of the gate and setting it top and bottom into holes gouged in large rocks protruding from the wall (figure 1). The resulting mechanism is beautiful. It swings well and is as strong as the stone wall it is anchored to. It is not dissimilar to some hinges found in the north of Australia where the gate is pivoted in a stump sunk into the ground at the base of the gate's supporting post. The top of such gates in Australia is anchored to the supporting post using a metal or wire bracket. In addition in Spain, the natural beauty of the stone wall and gateway is often enhanced when the wall to one side of the gateway is built higher than the rest of the wall. This allows the gateway to be distinguished easily from the monotony of a long wall.

Figure 1
The gate is set into holes gouged in large rocks.



But, as is the case in Australia, it was the timber gates set in both hedges and stone walls that were the most versatile and easiest to make of all the gates we saw. These occurred mainly in the north where the countryside is dotted with small farms of pocket handkerchief sized fields. They ranged from gates

Figure 2
The rails slide into a groove carved into the posts.

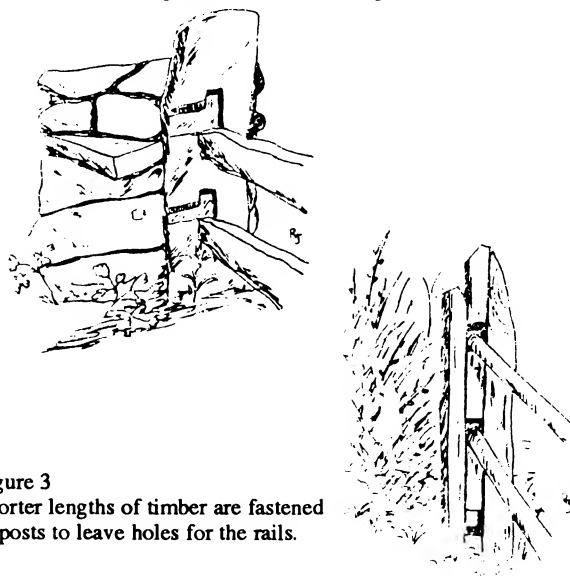
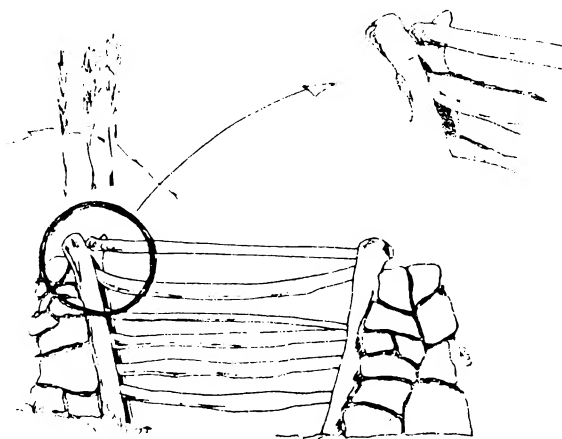


Figure 3
Shorter lengths of timber are fastened to posts to leave holes for the rails.

Figure 4
Slip rails are slid vertically into a long groove in the posts.



that lifted off supports to slip rail style mechanisms. Four of these gates are pictured. Three are variations on slip rails and can be as strong as you care to make the rails solid. In one (figure 2) the rails slide into a 'T' or 'L' shaped groove carved into the supporting posts. In another (figure 3) the holes for the rails to slide through are made by fastening shorter lengths of timber to the post. In the third (figure 4) the slip rails are slid vertically into a long groove cut the full length of the supporting posts. The posts are set at an angle to the ground so that their tops are further apart than their bases. The rails are cut to different lengths so that the rails at the base of the gate are shorter than those at the top just as the gap between the posts at their bases is less than the gap at the top. This means that the rails cannot slide down any further than their designated height in the groove. The fifth gate pictured was a lightweight gate for sheep and gentle cattle. It could also be used for personal access gates or chook and goose gates. It simply lifted off the

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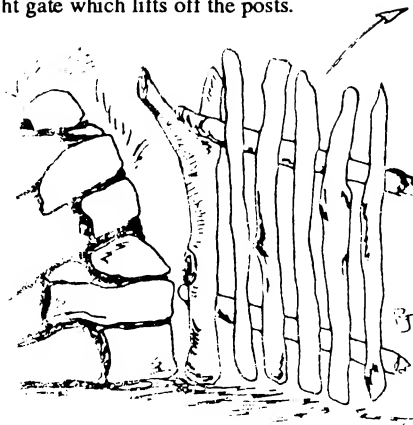
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Figure 5

A lightweight gate which lifts off the posts.



supporting posts. The example we saw was built from light bush timbers.

These gates and even our home grown varieties of farm made gates are perhaps a sign of rural poverty. But should they be? With more of a do-it-yourself attitude maybe our family farms would survive into the next century debt free.

IT'S THAT TIME OF THE YEAR AGAIN!

by P Ferguson, Coalcliff, NSW.

Anyone associated with animal welfare knows the peak breeding season for domestic dogs and cats is August to March, i.e. *now!* Dogs and cats (other than pedigreed) have no asset value. Look in any newspaper at the 'free to good home' advertisements. Hundreds of puppies and kittens are foisted onto unwilling recipients, taken home on impulse by children or irresponsible adults, and thousands more are taken in boxes, bags, cartons, to animal welfare organisations and council pounds. Hundreds more are killed in appalling ways by their irresponsible owners, or dumped in bushland where they either starve or survive to prey on our wildlife. A few lucky ones find homes and some are taken to vets and euthanased in as humane a way as possible with a massive dose of a tranquilising drug.

I urge anyone with a cat or dog to have their pet desexed as early as possible. There are simply not enough homes for these poor unwanted creatures. I also urge friends, family and neighbours to be vigilant for signs of this population explosion, and attempt to persuade the owner to have the pet desexed. If an animal appears to be a stray, make enquiries in the neighbourhood, and if no one admits ownership, take it to the RSPCA or other reputable animal welfare organisation. It is time for the government, the humane movement and the veterinary profession to update their thinking and tackle this problem from a humane and practical angle. Mr Justice Holland said in a judgement, 'Gathering up the surplus and killing them is not the answer. The answer lies in preventing the unwanted seeing the light of day.'



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THE INVISIBLE HANDICAP

by Marly Wright, Maryborough, Vic.

No one can really understand what it means not to hear everyday noises, unless they experience it themselves. Most handicaps can be seen and are accepted by everyone. There are white canes and guide dogs, wheelchairs, crutches, special shoes and artificial limbs, to name but a few, with each item helping to make the recipient's life as close to normal as possible. But a hearing loss cannot be seen, and if this handicap is present hearing people tend to avoid talking to hearing impaired people because of the difficulty in communicating.

Everyday events can be so stressful, like going to town, shopping, crossing roads. A simple trip to town can become a terrifying experience to be avoided at any cost. It can be even worse for people with an acquired hearing loss, because they used to hear sounds and, due to accident, illness or toxicity, their hearing has become impaired. Driving can be very stressful as the normal car, engine and traffic sounds are just not there. The car horn sounded as a warning may be the cause of accidents, because a hearing person would stop instantly, but, if you simply cannot hear it, or can hear but do not know from which direction the sound is coming then the danger is very real. Shopping is just a nightmare! Imagine pushing a rattling squeaking trolley round a supermarket in your own silent world. The trolley noises would mask most other noises that you may be able to hear. It would be like shopping on your own in the middle of the night. You cannot distinguish music, people talking or even screaming children. Any sounds that may be heard are so distorted and unrecognisable that the hearing impaired person becomes frightened, especially when everyone else seems to know what is happening.

On top of this hearing loss some people 'hear' noises in their head, but the sounds have no external source, no one but that person can hear them. The sounds vary from whistles, loud bangs, ringing of bells, to full orchestral warm-ups, and they cannot be turned off like a radio, they are there all the time—awake or asleep. These sounds are very hard to cope with, especially if the person can still hear some external sounds, as the internal sounds have to be sorted out and filtered in a split second to enable the person to react accordingly. Some drugs cause ringing in the ears or 'tinnitus' as it is known. But if the drugs are needed to combat illness, then the noises have to become accepted and most people learn to live with them.

Trying to hear all day is very tiring for a hearing impaired person, as they can never relax. They are continuously looking for clues to help them respond to anyone who might be speaking to them. Facial expressions, body language, and hand gestures are all clues to what might be the topic of a conversation. They have to concentrate on every word, and some people become embarrassed at being stared at and turn away, isolating this person who desperately wants to understand, to participate, to stay involved. How often have you heard a person say, 'She can hear, when she wants to.'? Not realising that the person concerned probably could hear if the conversation was on a one-to-one basis, in a small room. But consider a group of people in a room, all talking at once, with the hearing impaired person trying to filter out a single conversation from all the distorted and muted sounds he/she may be hearing; it's

practically impossible! So they bluff and guess their way through; sometimes they are right, more often they are wrong. This can affect the hearing impaired person in a number of ways. They can become angry with themselves for not being able to cope, or others may become angry with having to repeat themselves all of the time, and so avoid being with this person, choosing instead to socialise with hearing people (but are probably not even conscious of doing this).

Another example is a trip to the hairdresser. There's a radio playing, there's water rushing, hair driers humming, coffee cups clinking, and numerous 'bangs' of varying degrees. There's the happy chatter always associated with hairdressers, as this is always a very sociable time. Then imagine these noises, battling to be heard, combining, distorting, high noises, low noises, and varying buzzes. It's pretty near impossible to communicate in what sounds like a battle zone.

So why not get a hearing aid, and join in with life again? Well, it's just not that easy! Hearing aids are getting smaller and better and do help a lot of people, but what is not generally understood is how a hearing aid works.

HEARING AIDS

Hearing aids are not something you can buy, fit into the ear and make everything return to normal, because each hearing loss is as individual as each person and they need to be individually matched. If you have a hearing problem go to a specialist, who, after checking your ears for foreign objects, or wax, will give you a series of tests to find out exactly which type of hearing loss you may have. The loss might be in one ear only, which may affect your directional ability and/or cause dizziness to varying degrees. If an aid is placed in the wrong ear it could cause more damage which is why you need to consult an expert in this field. A hearing aid will *not* make a deaf person hear again, but it will amplify the sounds that a person may be able to hear; it will also amplify every other sound around you, turning all sounds into unidentifiable noises and may cause severe pain. A hearing aid made especially for you will enhance any sounds you can hear, and you will obtain great benefit from your aid, provided that you keep it clean and replace the batteries as soon as needed. If you think that you may have a hearing loss, go to your doctor for help.

TELEPHONE AIDS

If you have been having trouble with the telephone, there are a number of additions that can help you.

Hearing Aid Coupler

This is of great help for people with a hearing aid that has a 'T' switch incorporated on it, and the caller can be heard much more clearly.

Volume Control Unit

This is for people who do not have a 'T' switch on their hearing aid, or only have a slight loss and do not need an aid. The unit enables incoming calls to have their volume adjusted to suit by a control knob on the telephone.

Gliding Tone Caller

This is for people who cannot hear the telephone ringing, due to high tone or low tone hearing loss, and can be adjusted to the tone that they can hear. There is an installation fee, plus an

annual rental. Telecom will be most happy to send you details.

Visual Flashing Light

This can be used where the user is unable to hear the phone ringing, and can be installed near the phone, or where it may be seen easily, also available from Telecom. There are many more aids around, all Telecom approved and sold by private individuals. It would be wise to shop around.

MY STORY

I first noticed my hearing loss about four years ago, but, when I think back, it could have stretched from my childhood when I used to get severe earaches. When I was at school, where I sat in the class dictated when I would retreat into my own world and 'turn off'. One teacher used to get very angry when I couldn't sing the right notes, but I could tell if anyone else hit a wrong note because I knew what the tones should sound like. I just couldn't do it. It began to be a problem when I first noticed the quizzical looks on my family's faces, especially if they spoke to me from another room and I gave an answer to what I thought I had heard. Then a face would peep out of a doorway and give me a look that said, 'Is this for real?'

Tinnitus had also set in and I became exhausted with trying to listen through the noise in my head. Most times there are three or four high pitched whistles competing for first place, and sometimes I get piercingly loud whistles that set up for about two to three minutes, gradually fading to nothing, but leaving me totally wrung out! When my daughters would play their records and cassettes in their rooms, I found that I could not hear any other noise at all. The music would totally wipe out the presence of any other sound. The words to 'pop' songs took on a whole new meaning, and my daughters would laugh and either give me a hug and say, 'Oh Mum!', or slam the door to their room, leaving me feeling so very alone!

I stopped going to meetings because the noise would become unbearable and I always ended up in a corner feeling lost. So I began to stay at home all the time, venturing into town only if I really had to, avoiding people because they were becoming as frustrated with me, as I was with them. Then early in 1990 I was glancing through our local newspaper and came across an advertisement for a local lip reading class. I cut it out and thought about it for nearly two weeks. The morning of the class I decided not to go! Then, I thought that I could just go and see where it was being held, then think about it a bit more. When I got there I sat in my car undecided. I actually made myself get out of the car and go up the steps. I forced a smile on my face (but, oh, how I wanted to run away!). Well, that was my first step. I was accepted right away, fussed over with coffee and biscuits, and suddenly my world was filled with sunshine. There was the usual bright chatter between people, but with a sense of caring as only a person with a hearing loss can define. The isolation began to melt away.

It's amazing just how much we actually do lip read in this hearing world, without even knowing it. My teacher has nearly total hearing loss and relies on lip reading all the time, and now I am a trainee teacher under her expert guidance, hoping that I can live up to her expectations. Of course I make mistakes, and we *all* laugh. It's very comforting to be with these people and to learn together. So if someone in your family, or a friend, has any of the reactions I have described (and there are many more), please be patient with them, touch them on their arm to

gain their attention, face them when you speak, and please don't hide your face with your hands. You will be rewarded by their response to you and you will be working towards banishing their isolation too. Lip reading classes are held by volunteer tutors all over Australia. For 'Better Hearing Australia', try to find a class near you, and remember, *it only takes one step!*

FESTIVAL FOR MIND-BODY-SPIRIT

Innovative and alternative approaches to health, healing, lifestyle, self-awareness, the environment and technology will be on display, talked about, demonstrated and sampled again this year at the International Festival for Mind-Body-Spirit. The Festival will be held at the Sydney Exhibition Centre, Darling Harbour from the 18th-22nd November and the World Congress Centre, Melbourne, 26th-29th November. Over the past three years attendance figures at the four day Sydney event have risen from 17,000 to 44,000. That's a massive 76% jump from 1989 to 1991. To cope with increasing numbers of visitors, the organisers have now made the Sydney Festival a five day event. Last year the first Melbourne Festival was held at the World Congress Centre and it too attracted strong public interest. While slightly smaller in size than the Sydney Festival, on a pro-rata basis, it just topped the Sydney 1989 figures and pre-Festival enquiries indicate that this year's Melbourne event will be even bigger. Between Sydney and Melbourne, this year's Festival will bring together over 300 exhibitors, 40 leading national and international speakers and over 30 musicians, dancers and performers. This should ensure that the growing Australian demand for innovative and alternative information, ideas and products will be met.

For a free programme or any further information please phone 02-977-1200.

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DESIGN FOR SUN AND CLIMATE

Part II

by Solarch & Energy Information Centre, NSW.

In part one of this article (GR 92) we briefly discussed some historical aspects of solar energy and described some design considerations and common ways of incorporating solar efficient design features into a building. Now we go on to describe building materials suitable for heat storage and the importance of insulation.

HEAT STORAGE AND BUILDING MATERIALS

Materials that are suitable for storing heat gained during the day, to maintain warmth during the cold nights, are characteristically heavy. Materials such as brick, concrete, mud brick, stone and water are suitable, whilst wood, plastic and other light materials are not, because they have a low heat storage capacity. In the temperate climates of Australia, especially the hot dry climates, every house should have plenty of heat storing material. One type of house can have inbuilt heat storage capacity (double brick construction). The other could be timber framed and made predominantly of light materials. In other respects, both houses are thermally well designed.

During the day heavy materials such as brick walls or concrete floors absorb the heat that gets into the building. During the night this heat may be disposed of by opening windows to allow the cool night air to blow through. In winter it is equally important to have heat storage capacity in materials so that the sun's heat entering the windows during the day can be stored to keep rooms warm into the evening. Provided your floor is strong enough to support the extra weight (you may have to install extra supports), you can add extra heat storage materials in a number of ways. Water is an interesting example. The amount of heat that can be stored in one cubic metre of water, at a given temperature, is equivalent to five cubic metres of brick. Water can be contained in black painted drums or glass bottles built into a wall or stacked in a rack. Another way to store heat would be to build some internal feature walls of brick, stone or concrete blocks. The best method in many houses however, is to install concrete floors finished in some hard material such as quarry tiles, slate or vinyl tiles. Concrete floors with such finishes are an excellent heat storage medium, especially in rooms with north facing windows. The sun can shine directly onto the floor and warm it up. Wall-to-wall carpet and carpet or cork tiles unfortunately insulate the floor from the sun. They are not suitable in rooms where the floor is exposed to the sun, here rugs would be more appropriate.

Using the Earth to Save Energy

The use of concrete floors helps to include the earth as part of the heat storage medium. Earth, like most other materials, does provide some thermal resistance, but it is not a good insulator. The benefit of using earth is derived from its ability to slow down temperature changes. Earth will slow down the variations between inside and outside and it protects against the chill of cold winter winds. The temperature of earth about one and a half metres below its surface is relatively constant (at greater depths there is almost no change year-round).

In towns such as White Cliffs and Lightning Ridge, where it is very hot in summer and very cold in winter, many people live underground. In other areas earth can be used to shelter

our buildings; not always burying them below ground, but perhaps building ridges around them. The temperature beneath the earth's surface is cooler in summer and warmer in winter than that above its surface.

It should be noted that earthberms (bank of earth), or earth sheltered buildings require careful attention; particularly to waterproofing, drainage, and structural support. These buildings require special design and technical expertise. Consult an expert about these considerations.

INSULATION FOR WINTER AND SUMMER

Thermal insulation in the form of glass fibre batts or reflective foil is important to keep the occupants warm and enhance the effectiveness of heat storage materials. Without it, all the solar heat collected during the day will be lost before sunrise. There are many types of thermal insulation available today and they can be classified as either reflective foil or bulk insulation. Materials used in the construction of bulk insulation are normally glass fibre, paper pulp, acrylic fibre, U/F foam or even seaweed (eel grass). All these materials are suitable. Your choice, however, should be based on your particular needs, availability and price.

In Sydney the use of R2 glass fibre batts on top of the ceiling (R2 is a measure of resistance to heat flow) and reflective foil under the tiles or metal roofing is recommended. During reroofing might be the best time to add the reflective foil. For walls you should use double-sided reflective foil, or R1.5 mineral wool batts in a timber or brick veneer wall. For a double brick wall with a cavity, it is possible to use urea formaldehyde foam insulation (referred to as U/F foam). When installing insulation make sure there are no gaps. Seal up holes in foil with tape and make sure the glass fibre batts fully occupy the space between the timbers.

In towns such as Bathurst or Tamworth where it is colder than Sydney, it is recommended that you use thicker glass fibre insulation (R2.5 glass fibre batts in the ceiling and perhaps R2 glass fibre in the walls). This also applies to places that are very hot in summer, such as Dubbo, Cobar or Bourke. Where you have existing walls of timber or brick veneer and you do not wish to replace the linings, U/F foam can be used in place of glass fibre batts.

Remember that insulating materials are not suitable for all types of building. For example insulation will not improve the heat storage capacity of a timber cottage with wood floors. Such a building will be warm during the day, but will still cool down at night.

Draughts

The use of heaters in winter to heat air which flows out through gaps, cracks and ventilators accounts for a lot of wasted energy. In a fully-heated house, draughts and leaks could be costing more than one dollar each day in heating bills. In existing buildings it is advisable to seal cracks around doors and windows and close gaps between skirting boards and floors, where floors have shrunk. Close off unnecessary ventilators on the inside of walls and in ceilings. In bathrooms and kitchens

it is economical to install an exhaust fan. Fans should have a shutter which closes when not in use to exclude draughts.

Fireplaces should have a damper, or a tight-fitting seal. When not in use they draw out the warm air. There are many sealing materials available from hardware stores for doors and windows. These will reduce your need for heat and reduce your heating costs correspondingly.

For winter comfort, the entry of draughts should be prevented. To get the fresh air you need, the most energy efficient way is to open windows during the day when it is warmest outside, and close them tightly at night. To keep the inside cool in summer you reverse the process and use the cooler night air. The use of ceiling fans in summer is preferable to letting in the hot daytime air.

Further Reading

ANZ Solar Home Book, by S V Szokolay & R W Sale, published by the ANZ Book Co.

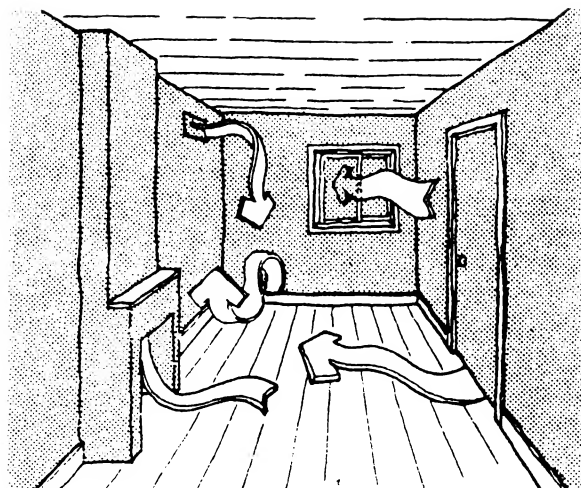
The Wise House, by T Jenkins & J James, published by Rigby.

The Solar Home, by B Anderson, published by Rodale Press.

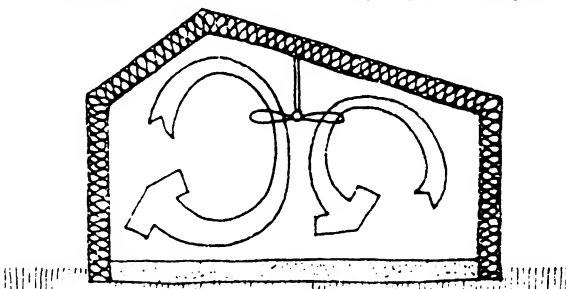
The Australian Solar Home Book, by G Cole and M Parnell, published by Second Back Row Press, Katoomba.

A Quick Guide to Insulation, The Thermal Value of Insulation, and More About Insulation; prepared and published by the Energy Authority of NSW and available from the Energy Information Centre (address below).

This document was originally produced by Solarch, the Solar Architecture Research Unit of the Graduate School of the Built Environment, the University of New South Wales. It was revised by the Energy Information Centre of New South Wales. Whilst every care has been taken in the preparation of this document, neither the Energy Information Centre of NSW nor the University of NSW, their officers or members of staff accept responsibility for advice or information contained herein.

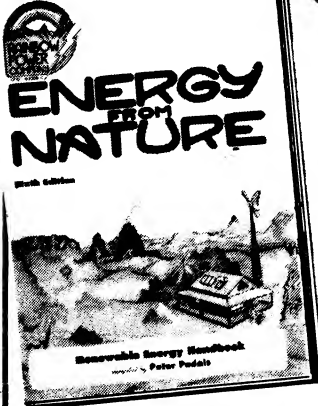


Draughts and leaks can add \$1 a day to your heating bill.



Use ceiling fans to circulate heat in summer.

Adapted from a leaflet produced by Energy Information Centre of NSW, PO Box 6, Millers Point, Sydney 2000. Ph: 02-251-2422.



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Photo by David Young

ORGANIC GARDENING TIPS FOR PEST CONTROL

If you are finding some pests to be a problem in your garden there are many earth-friendly methods you can try rather than heading for the chemical sprays in the garden department of your supermarket.

GARDEN MANAGEMENT

Encouraging birds into your garden gives you a front line of defence against many pests. Native plants suited to your area will help. Also look out for beneficial garden insects such as lady birds and praying mantis, they are great insect predators and planting herbs and flowers will encourage them to your garden. Sow seeds or plant seedlings at the right time, strong growth is a plant's best defence and grow plants well suited to your local environment.

Specific Pests

Aphids: Hose them off the host plant or spray with pyrethrum, garlic or soft soap spray.

Caterpillars: If they get past the stage where you can pick them off, try derris, garlic or pyrethrum spray. If you do use pyrethrum, use it in the late afternoon because it is fatal to bees but it will break down before the bees return the next day.

Snails: A saucer full of beer will ensure them a happy drowning or a sheet of newspaper will attract them and they can then be disposed of in a bucket of salted water; or surround your seedlings with sawdust to stop snails getting close.

Slugs: Keep eggshells, dry them and crush with a rolling pin. Spread over seed beds after sowing and renew every second day.

Fruit fly: Soak pieces of old material in freshly blended garlic juice and hang in open tins in fruiting trees.

Companion Planting

By planting some plants near others many pests can be discouraged:

- Mint and tansy will discourage ants. Tansy will also keep borers away from fruit trees.
- Chamomile with cabbages and onions will keep cabbage moth away.
- Dandelions and valerian will encourage earthworms.
- Lavender, garlic, parsley, orange nasturtiums or chives will protect against aphids.
- Marigolds help repel leaf eating pests in the vegetable garden.
- Basil repels white fly, and planted among tomatoes will keep flies and tomato worm away.

RECIPES FOR PEST CONTROL

General Garlic Spray

Soak 90 gm (3 oz) chopped garlic in 2 tablespoons of mineral oil (paraffin) for 24 hours. Dissolve 7 g (0.2 oz) oil soap (e.g. Palmolive) in 600 ml (1 pint) water. Slowly add soap mix to garlic and stir well. Strain the liquid through fine gauze, and store in a china or glass container (not metal). Dilute one part mix to 10 parts water (can be made stronger or weaker according to need). Good for aphids and thrips.

General Soft Soap Spray

Soft soap (available from chemists) is based on potassium carbonate instead of caustic soda. Dissolve 6 g (2 oz) soft soap in 4.5 litres (8 pints) hot water. Allow to cool before use. Good for white wax scale and sooty mould.

Scale and Aphid Spray

Shred 100 gm (3 oz) soap. Measure 14 litres (3 gal) water; boil a small amount of this, reserving the remainder. Dissolve 250 g (8 oz) washing soda in the boiled water and add the shredded soap. Heat the mix until the soap has dissolved and add the remaining water. Shake before spraying.

Quassia Aphid and Caterpillar Spray

Quassia chips can be purchased from some chemists. They are woodchips of the tree *Picrasma quassioides*. Boil 60 g (2 oz) chips in 2 1/4 litres (4 pints) of water for two hours. Pour off liquid and dilute one part quassia to four parts water.

General Garden Spray

Blend two or three very hot peppers, half an onion and one clove of garlic in one litre of water, boil, let sit for two days then strain. This spray will not damage indoor or outdoor plants and can be frozen for future use. (*This may need to be diluted for indoor plants.*)

Seaweed Spray

Wash the seaweed to remove excess salt, put in a bucket of water, cover and leave to soak for several days until the water turns pale brown. Use the water as a spray – adding more water to the bucket as necessary.

This has been adapted from a leaflet distributed by the Australian Labour Party.

Further Reading

Natural Control of Garden Pests, Jackie French, Aird Books, P/L. *Living Better For Less*, our new GR book contains many tips for a healthy organic garden, \$7.95 plus \$2 postage, from Night Owl Publishers, PO Box 242, EUROA 3666.

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Livestock Health and Management

Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 242, Euroa 3666.

We have a Silkie who has laid 23 eggs in a clutch up to today and still isn't sitting, any suggestions?

**Judy Davis
Gympie 4570.**

There is not a lot that can be done to induce broodiness. Hens seem to have a genetically determined clutch size, and tend not to develop the urge to set until they have completed their clutch. Usually Silkies lay 10-15 eggs and then commence setting, however the greater clutch size displayed by your hen is highly desirable in this breed and it is hoped she will pass the trait on to her progeny. Hens can be encouraged to set by leaving the eggs in the nest, they generally lay a smaller clutch when this is done. They are also more inclined to broodiness in hot weather and sit more firmly. Many broodies in early spring are unreliable and leave the eggs half-way through setting. An old poultry book recommends a little alcohol as an inducement for broodiness – one can just imagine a tipsy Silkie!

How do I know when to keep our female dog shut away from the swarms of dogs that invade when she comes into heat, before it's too late, to prevent unwanted puppies? I have noticed she has a blood tinged discharge around this time. Will this help me know when to enclose her in a pen and how long before it's 'safe' to let her out again?

**K Muller
Woodenbong 2476.**

The time a bitch is in season is usually reckoned at three weeks. One week colouring, when she is shedding a little blood but will not (in theory) accept the male, the next week she shows no blood and this is when she is best covered if she is to be bred. The third week is generally considered too late to breed, however she will still need to be kept shut up as she will accept the dog. Then (in theory) she will be safe to let loose again, BUT a great many bitches will continue to accept the dog up to 4 weeks, and will get in pup, so it is safer to segregate her for four weeks!

I would like to keep a rooster with my hens but I am put off by their dangerous looking spurs. Can these be removed? Will their removal hurt or impair the bird? If not, how should I go about removing them? I would be very grateful for your advice.

**Mrs Carol Gillham
Bannockburn 3331.**

Spurs do look dangerous and can be used by a hostile rooster to inflict nasty wounds. They can also damage the hens during mating. As the spurs lengthen with age, it is best to start controlling them when the bird is a couple of months old. The easiest procedure is to cut off the emerging spur point with a strong pair of scissors or goat/sheep hoof cutters. The spurs are soft in a young bird and if you just take the end off there will be virtually no blood loss. Repeat every 4-6 months. In the case of developed spurs, trim back until you bring blood; the spur has a hard outer covering and soft centre which is fed by tiny capillaries. Do not cut into the soft centre or cut the entire spur off or profuse bleeding will occur. When too much spur is taken off it is common practice to lightly cauterise the cut with a soldering iron. As this is a relatively unpleasant operation (though apparently painless to the bird) it is recommended you tackle the spurs before they become more than 1 1/2 cm (1/2 in) long. Round off the edges of the hard covering with a file.

Can anyone help me with plans and instructions on how to build a 24 egg incubator for poultry and quail eggs? I would be extremely grateful as all my homemade incubators are no good. All letters will be answered.

**Lionel Arendt
Piangil 3597.**

It would be a good idea to familiarise yourself with the principles of incubation before attempting to make an incubator, and the best reading matter on this topic is 'The Incubation Book' by Dr Anderson Brown, priced \$30 posted from Bantam Club of NSW, 291 Galston Rd, Galston 2159. A review of this book is in GR 39: 86. Articles on homemade incubators have been featured in GR 69: 13, and 57: 39. In addition instructions for a polystyrene model were featured in 'Turkey Talk' No 1 and can be obtained from Night Owl on request (include a long SAE please). We would appreciate any ideas or plans from readers who have built working models.

We've heard about the benefits of apple cider vinegar and noticed it had been recommended for controlling worms in poultry. How much should we use, and how often?

**R P Clarke
Murwillumbah 2484.**

The exact dosage when using cider vinegar is not critical, but it is suggested you use about one third of a cup per 4 1/2 litres (1 gal) of water. For internal parasite control, best results are obtained if you initially eliminate the worms with a regime of garlic, and then use cider vinegar in the water to maintain the minimum parasite status. Crush 5-10 well sized cloves of garlic and add to 4 1/2 litres of water. Leave with fowls for five days, renewing if necessary. Provide cider vinegar on a regular basis 1-2 days a week.

TRAP FOR SNAILS AND SLUGS

Make a trap for snails or slugs by nailing a few boards touching each other onto two 2.5 x 2.5 cm (1 x 1 in) strips cut the width of all the boards together. This will raise the boards off the ground about 2.5 cm (1 in) and make a shelter for the slugs and snails. You'll find them stuck on the underside of the boards after a few days. The next step is up to you.

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NATURALLY NICE

Blooming Beauty

by Cheryl Beasley, Karalee, Qld.



Spring is the perfect time to collect and use flowers for making natural beauty products. Many flowers not only have a wonderful scent, but also hide many secret benefits. Women the world over use the power of flowers in expensive perfumes, oils, soaps, shampoos and numerous other cosmetics. You can easily achieve similar products at home with a little enthusiasm and the following recipes.

NASTURTIUM HAIR RINSE

(to promote growth)

100g (3 oz) nasturtium flowers

1 litre (2 pt) boiling water

5 ml (one tsp) eau de cologne

Pour the boiling water over the flowers and leave overnight to make a strong infusion. Strain thoroughly and add the eau de cologne. Bottle, shake to combine and use this as a final rinse after washing the hair. Do not rinse out.

MARIGOLD MASK

(for blemished skin)

2 tbsp plain yoghurt

1 tbsp bruised marigold leaves

1 tsp parsley juice

1 tbsp wheatgerm

Combine all the ingredients in a bowl and apply the mixture evenly over your clean face and neck. Leave mask on your skin for twenty minutes, rinse off gently with luke warm water.

CHAMOMILE AND LEMON ASTRINGENT

(for oily skin)

50 ml (2 fl oz) of chamomile flower infusion

1/2 tsp lemon juice

1 tsp white vinegar

Place ingredients into a bottle and shake vigorously until combined. Keep refrigerated, use as necessary after cleansing.

LAVENDER BATH OIL

100 g (3 oz) fresh lavender leaves and flowers

750 ml (1 1/4 pt) bottle sunflower oil

1 tbsp pure alcohol

Chop and bruise the lavender well and then pour over the oil and alcohol. Bottle and leave in a sunny spot for three weeks. Strain the mixture and then add a fresh 100 grams of lavender to the oil and repeat the process. This should be enough to have a nice fragrance, however keep repeating if you prefer it stronger. Add two tablespoons under the running bath water.

ORANGE FLOWER VINEGAR

2 cups fresh orange blossoms

4 cups white wine vinegar

Place the flowers into a large jar or bottle. Heat the vinegar and pour over the flowers. Leave the vinegar mix in a sunny spot for four weeks and stir or shake daily. Strain and use a quarter cup in a basin of facial rinsing water or add a cupful to the bath to tone the body.

ROSE-WATER

100 g (3 oz) dark red rose petals

3 cups boiling water

Bruise the rose petals and pour over the boiling water. Simply

leave overnight and strain for a lightly scented rose-water. Alternatively make a decoction by boiling the petals in one litre of water for an hour or until the liquid has slightly reduced. Leave to cool then strain and bottle.

JASMINE COLOGNE

2 cups of fresh jasmine flowers

pure alcohol (from the chemist)

Pack the fresh jasmine flowers into a jar and pour over enough alcohol to cover. Seal tightly and place in a cupboard for four weeks. Strain the mixture well and squeeze the flowers tightly. Repeat the process if stronger scent is desired.

YARROW ASTRINGENT

(for open pores)

2 tbsp yarrow flowers

3 cups boiling water

Simply make an infusion by pouring the boiling water over the flowers, leaving them to cool. Strain well and bottle. Yarrow has wonderful healing qualities and this astringent is great to use on the odd pimple or blemish, whatever your skin type.

HONEYSUCKLE JELLY

1 cup fresh honeysuckle flowers

1 large jar petroleum jelly

Melt the petroleum jelly in a pan over hot water then mix in the honeysuckle flowers. Let this mixture heat through gently for about an hour, checking regularly. Strain out the flowers and return the jelly to its jar to cool. Makes a wonderful gift.

HEALING HAND CREAM

4 tbsp almond oil

5 tbsp lanolin

2 tbsp strong geranium leaf, chopped

Mix the almond oil, lanolin and chopped geranium leaf over low heat for five minutes. Remove from heat and strain. Beat thoroughly and place into a jar, use nightly to soothe dry hands.

Before trying out these recipes you must make sure all the utensils, flowers, bowls and bottles are as clean as possible. Ensuring this cleanliness will ensure the end products are themselves pure and clean and thus the best you can make. Storage jars should first be washed in warm, soapy water then rinsed thoroughly before placing in a warm oven for drying. Lids should also be washed thoroughly. Even though these are natural cosmetics some ingredients may still react with certain skin types. If you know there is an allergy causing substance in the recipe simply substitute ingredients to suit you.

Natural beauty products are well worth the small amount of time it takes to prepare them as they are fresh and have many good properties that can help all skin types. You can definitely say that no animal research or chemicals have gone into your beauty products.

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Another collection of *Grass Roots* readers experiences, containing a
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also holiday activities and projects for the children.

CONSULT ORDER FORM ON PAGE 40 FOR PRICE AND POSTAGE.



A Hive of Activity

by Anna Buck, Wyndham, NSW.

We have about five thousand new pets at our place.' What!' I hear you cry, 'More dogs, cats, horses, mice, guinea pigs, duck, rabbits? Have you perchance opened a poultry farm?' No, nothing so useful. We have purchased a beehive, complete with inmates.

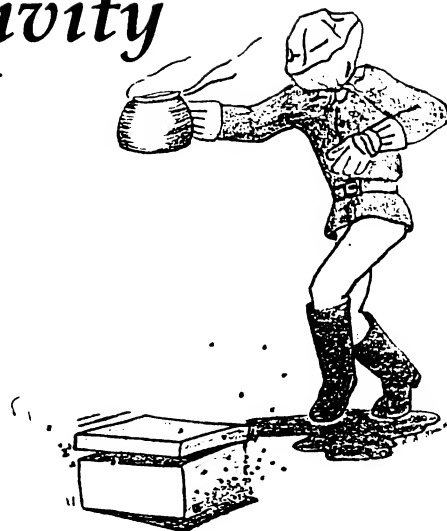
I don't mean to infer that bees are not useful; we all love honey, and I'm sure in someone else's hands they would be a welcome addition to any self-sufficiency programme. But we've never had very much to do with them before and so far they've been leading a very busy life relatively free from any human interference. We can smell the finished product, but we wouldn't have a clue how to get it out onto the breakfast table.

I have only had two prior encounters with bees en masse, both of them fleeting. On the first occasion I was hanging out washing in the paddock when a loud humming noise attracted my attention. It reached a crescendo of alarming proportions and a black cloud of bees zeroed in on me at a great rate. I dropped the wet towel I had been about to suspend and fled, causing the dogs, chickens and cow to panic as I did so. I've since been told that they (the bees) weren't the least little bit interested in me, but that's not the impression I gained at the time. They ended up in my neighbour's chimney and she wasn't exactly tickled pink about that either.

Some years later, I am tending the trees we have growing in front of our house, pulling a few weeds out, when a similar sound manifested itself. However this humming seemed to be on a fairly level note, so I did not flee ignominiously, but traced it to its source; a soccer ball size clump of bees hanging from a black wattle, like a strange, animated growth. Ignorant on this subject though I was, I knew a swarm when I saw it and excitedly related news of the visitation to The Man Of The House. We raced around, trying to organise a hive and wondering how we could capture a free honey-making factory. Alas, we were too slow. While we buzzed ineffectually around inside, a local beekeeper came by with a big box, knocked the swarm into it and bore it away.

But now we have our own hive, and the Moth spends long hours every night in bed poring over *Amateur Beekeeping*. First, according to the book, we have to identify our bees. I thought bees were bees, full stop. But they can be Caucasians, Carniolans, bad-tempered Cyprians or amiable Italians. Italians are supposed to be the best, but how to tell whether ours are, not having known any others to compare them with? I suggested creeping up on the hive to see whether they were singing 'O Sole Mio' in the bath, eating Spaghetti Marinara or getting the whole family to run an open-twenty-four-hours-a-day milk bar; the Moth suggested I go and make a cup of tea.

I have a sneaking suspicion we have surly Cyprians – they seem to spend a lot of time quarrelling just outside the hive, certainly not the harmonious family life of the Latin variety. The Moth said that this was because they were overcrowded and he could fix this by putting another hive on top of the existing one. He had to wait a long time to do this – it was too hot one day, too cold the next, too wet, too windy, too sultry. He finally did it on a day of freak thunderstorms incorporating all the aforementioned weather patterns and some hail as well,



so if that's the sort of day that's necessary they may never receive any attention again in our lifetime.

He hadn't got any proper beekeeping clothes, but got together some ski trousers, gumboots, a motorcycle jacket and gauntlets and a black felt hat I can only describe as quaint. Over this he had tied a piece of net passed on by the former owner of the bees. The things you see when you haven't got a gun, or a camera. As a smoker, he had very cleverly set a piece of old rag smouldering inside an ancient china chamber pot with a saucepan lid on top, and this he bore aloft at arm's length. The dogs took one look and slunk away with their tails between their legs. They didn't know what he was up to but they weren't taking any chances.

As it happened, he didn't get stung once and was able to conclude the whole operation in slightly under two minutes. My opinion is that the bees took one look at the Olympian apparition and were rendered helpless by laughter. He was, however, very pleased with his competency and we now have two hives of contented bees. Perhaps one day someone will take pity on us and help us extract the honey; or I might buy an Italian phrase book and just ask the bees nicely.



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Browsing Through

by Colin Franklin, Ballarat, Vic.

Garry Wise, in answer to your question about making pesticides from rhubarb leaves and tobacco leaves, this information appears in Browsing Through GR 87.

Tracy Squires, in regard to your question about keeping bugs off your vegetables, there's a very detailed article in *The Fragrant Pharmacy*, by Valerie Ann Worwood. ISBN 0-553-40397-4.

Graham Roberts, a recipe for lilly pilly jam appeared in GR 85; to make a jelly from that recipe would be to allow it to drip through muslin without squeezing otherwise it will go cloudy.

R Shatemeyer, articles on growing mushrooms at home appeared in GR 31, 42, and again in GR 86. These copies are available from Night Owl Publishers at \$3.50 which includes postage.

Mrs S Johnson, in regard to your request, special bread recipes appeared in GR 73, & 86.

Dot Letch, cane furnishing patterns are provided in several books available from your local library or through the new

Australia-wide network. There are too many to list. I would like to bring to your attention the fact that you will require a large swimming pool or dam to soak your thick cane in for bending, plus you will need to make moulds to hold it in until dried into required shapes. But the books will explain all your requirements.

Roy Banks, the mulcher you're looking for is a commercial chipper and the price is far beyond the reach of the average householder. With regard to cutting hawthorn bushes, these have many thorns and can take many years to rot down in your compost. My suggestion is that you either take them to the tip or try burning them into potash. We had these as boundary fences around our properties and people who bought the land for house blocks are still finding unrooted thorns in their garden after nearly thirty years, so I would suggest to you better to be safe than sorry.

GARDEN STAKES

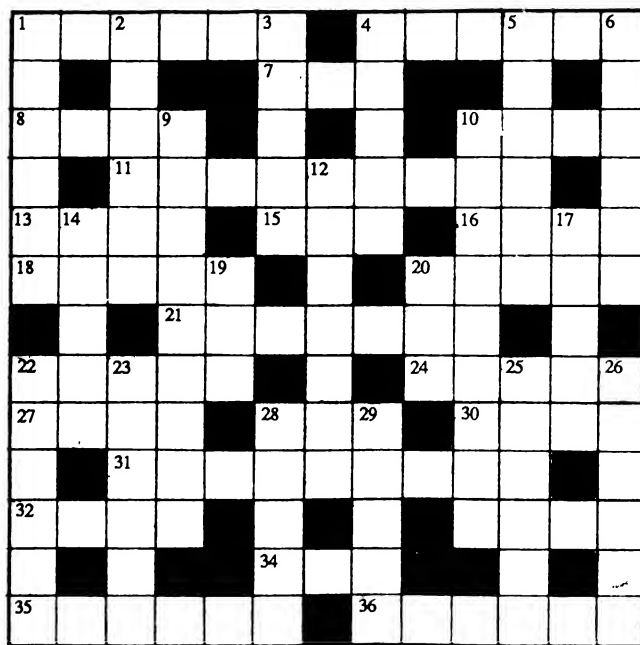
Save sturdy branches after pruning for cheap garden stakes.

CRYPTIC GRASSWORD

By M. Riley, Tanjil South, Vic.

- Across
1. Unofficially it's off (6).
 4. Calm for the bay (6).
 7. Strike a light, Pat (3).
 8. Close to heat (4).
 10. River line changes (4).
 11. Allowed Ted to give it a hair-do (9).
 13. Employs in houses (4).
 15. Suits high court winner (3).
 16. Played in quarry (4).
 18. Take off for various trips (5).
 20. Usually takes game in its stride (5).
 21. Way in which we used to wipe our feet (7).
 22. Gratified about dates (5).
 24. Has current driving licence (5).
 27. Tribe of Nordic lands (4).
 28. It's a plus in understanding (3).
 30. Works when it gets the wind up (4).
 31. Strong holds, the upright stakes its defence on it (9).
 32. Food found in stable condition (4).
 33. Fired wild host (4).
 34. Managed to sprint (3).
 35. Subject not so well covered (6).
 36. Hammer carrier (6).

- Down
1. Area of bone (6).
 2. Liquor trade (6).
 3. Play on words (5).
 4. Ill will grudge and annoy this (5).
 5. Some men are groomed for such occasions (6).
 6. Figure they're a team (6).
 9. Tenants take side in rents (9).
 10. No, not films (9).
 12. Slide-rules figure you can cut on it (3,4).



14. To move or remove secretly (5).
17. Mind arrested adult for him (5).
19. Seals seed container (3).
20. Knock Pat back (3).
22. Here to learn your place (6).
23. Samples in different states (6).
25. Bound to be whipped (6).
26. Grow among the gums (6).
28. A grain of oak (5).
29. Comes to mind after dark (4).

Solution on page 66.

Poetry

SOUNDING SILENCE

No birds in our garden now
since stray cat came to stay,
but noise of hammer tapping nails,
noise of drill edging concrete
grating, edging nerves.
Traffic in the distance hums,
school bell burps across the road,
blind cord taps the window pane.
Out there a million, trillion sounds,
Inside...silence.

Elizabeth Von Leven.

COUNTRY MAIL

Bertie B was the mailman then and he came
As a knight on a towering grey.
Greasy saddle bags bulged with his spoils of war.
He stayed firmly mounted and passed down
Letters, bills and bread tissue-wrapped
And 'The Land' and 'The Countryman'
And blossoms of gossip he'd picked on the way.
They'd hang all morning with roses
Over the yard fence to see
First his battered slouch hat, then head,
Shoulders, body welded to the steel-grey horse,
Topping the rise from the river to home gate
Then, triumphant, ascend to the house.

There's a memory of a mouse-grey wife. Mrs B,
Making tea and pattering in grey felt slippers
In the smoke-darkened cavernous kitchen
Of a grey and white-washed house
That hunched its ancient bones to the wind.
'Some lollies for the girlies,' he'd say,
And pass down battered paper bags
Of boiled mixed or bull's-eyes
That you crunched or sucked in your cheek
And took out often to see the colours change.
Bertie, we loved you, our conquering hero come.

Nola Bindon.

THE RIVER

The rivers are our life blood.
A flowing tide of wealth
A mighty power that every hour
Sustains all life and health.
From imposing mountains
The rushing waters flow
Swirling, gushing torrents
Fall a hundred feet below.
Through narrow gorges flowing
Valleys and deep ravines
Boulders, beds of shingle
Into a dozen streams.
Filling dams for daily needs
The wheels of commerce turning
Feeding cattle, growing crops
Quenching bush fires burning.
Cherish our abundant bounty,
Till at last it meets the sea
Let us keep our rivers flowing
Crystal clear, pollution free.

Grace V Tuohy.

HAIKU

On a windless night
find rest at the wheel's centre
in cold, white moonlight.

Diane Beckingham.

EARLY MORNING

Early morning tints the clouds
A fragile pink and gold,
On the grass a crisp white frost
And petals pale unfold.
Silhouettes upon the grass,
Fine lines of leafless trees
Marks of winter illustrate
This season sketched with ease.
Daylight hours quietly arrive
Clouds by the sun caressed,
And there upon the waiting bud
Soft rays their beauty blessed.

Jean Opperman.

FOR THE LOVE OF A TREE

You caress the seed.
It is not yours
but still you love it
as your own.
When the time is right
you will give it
to the earth
and she will nurture
the young.
One day you will be proud
that you were the surrogate mother
to the gentle branches
that stretch above
the grass on which
you lay.

Cathie White.

THE FOREST WAKES

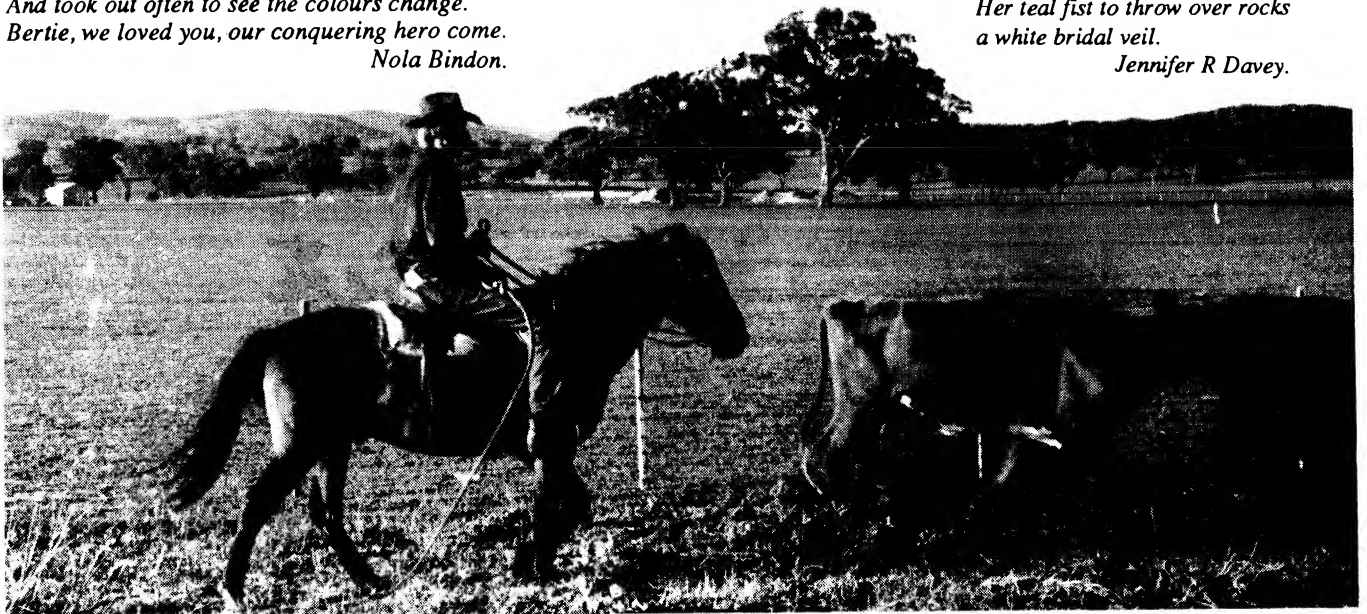
The hush of evening
stills the valley
steeped in shade.
The evening sun
upon the hill yet warm,
the valley cold.
White wraiths
of mist drift silent
over the green
hill rising an island
washed by billowing silk swirls
spreading slowly to engulf
All
in clammy damp
and sightless white.
Until the night
brings down the earthly silence
where beneath the starlight bright
the forest wakes...

Stephen Legge.

STORMY SEA HAIKU

Nearing wave raises
Her teal fist to throw over rocks
a white bridal veil.

Jennifer R Davey.



Kids Pages



Dear GR Kids,

Hi, my name is Nikki, I'm 13 and have an older sister Jo who is 15 and a little brother Billy who is 10. Four years ago we lived in the western suburbs of Sydney in a suburb bordering a country area. We had our three horses down there on agistment and spent all of our weekends camping away or going bush as we really didn't like the city life. Mum and Dad always said, 'One day we'll get out of the rat race,' and so we did. We bought six acres in Queensland not far from Bundaberg. We moved up and brought our horses and dogs and chooks with us. We lived in a tent and caravan while we built our little cottage. We had no running water from taps, no electricity and we used to shower under a canvas bag, but mostly bathed in the river! It's so different from living in the city, cleaner rivers to swim in and there's even fishing in our river. There's heaps to do, we have our horses and dogs, chooks, and our beautiful milking cow, Mary. Mary is a Jersey and we get lots of fresh creamy milk, more than we can drink sometimes. I like getting the cream off the top. Mum sometimes makes butter and yoghurt, and we don't have to drive to town every second day for milk. Mary now has had her second calf since we bought her. My sister and I do a lot of horse riding. My horse's name is Angel and she's white. Jo's horse's name is Buster. Recently, Pine Creek had a country fair and we took our horses there for pony rides for the town kids and we had to ride them there as we don't have a float. My brother Billy has his own minibike and rides it all over the place and has a tree house and is always building things. We've got a vegie patch and fruit trees. We have got lots of red hens and get lots of fresh eggs and sometimes we kill chooks for the freezer and we all help pluck them.

We built our own home on our property, it's only small but I can do without having a big home like we used to live in. Some of the inside of our house isn't finished but we'll get there. The river is right on our place and we see lots of black swans, pelicans, ducks and large cranes on the water and we go fishing and swim most of the year. Our friends from town always come here now! All our relatives in Sydney keep coming up to stay and love milking our cow and riding our horses and all wish they could move up here, so I guess we are pretty lucky and I know we'll never move back to suburbia.

Nikki Pavy
PINE CREEK 4670.

BOOK REVIEW

DR SEUSS RERELEASED

Theodor Seuss Geisel, brilliant American author and illustrator (better known to us all as Dr Seuss) was born on March 2, 1904. Exasperated by the boring children's books of the 1950s, that were designed to teach children to read, Dr Seuss and an educational publisher got together and created a new style of reading book for young children. That book was *The Cat In The Hat* with a controlled vocabulary of 175 words and a hilarious story of a mischievous cat which wrecks a house while mother is out (much to the consternation of the children left at home), only to magically restore it in the nick of time.

The Cat In The Hat was an immediate hit and enabled its author to pioneer easy reading through humour. His own final tally of 47 books sold more than 100 million copies in 18 languages. His best selling title is still the very simple *Green Eggs And Ham*.

This month Harper Collins Publishers are rereleasing four of Dr Seuss' most popular titles which have been out of print for some time: *And To Think That I Saw It On Mulberry Street*, *Yertle The Turtle and Other Stories*, *The 500 Hats of Bartholomew Cubbins* and *If I Ran The Circus*. Look for them in your local book shop. They are very reasonably priced at \$5.95 each and are great fun for both children and adults.

Q. Which of the United States is round at the ends and high in the middle?

A. Ohio.

Q. What kind of hens lay electric eggs?

A. Battery hens.



Nikki and Billy with Mary the Jersey, her calf Tom and Pickle the dog.

GROW YOUR OWN CHRISTMAS PRESENTS

Now that the weather is warming up a little it is a good time to grow your own flowers from seeds or cuttings. If you plant them very soon they should be growing strongly by Christmas time and would make lovely gifts for your family and friends.

You don't need a big garden area, you can grow your seeds or cuttings in a variety of containers. Some suitable containers are plant pots or seedling trays, ice cream or other plastic containers with drainage holes in the bottom, and egg cartons.

You Will Need

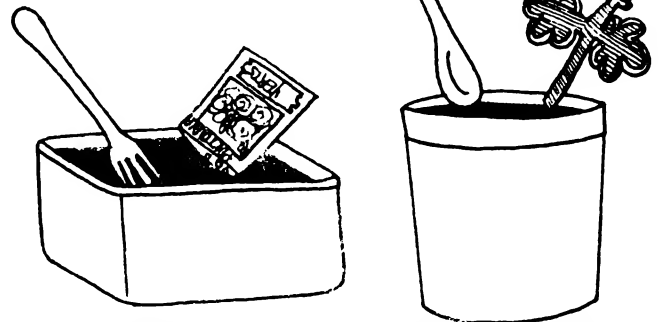
- seeds or cuttings
- plant pots
- soil or potting mix
- old spoon for digging
- old fork as a rake

Next time you go shopping have a look in the nursery or the garden section of the supermarket and you will find many packets of easily grown flower seeds. If you ask your parents they may even have some at home which they have collected from plants in your own garden. Some good ones to try are forget-me-nots, poppies, pansies, columbines and candytuft. Geraniums will grow very easily from cuttings, many daisies will also. Ask your parents which plants you can cut pieces from. Use sharp secateurs, trim off most of the leaves, leaving only a few at the top of the cutting, and plant cuttings straight after taking them.

Planting

Almost fill your container with soil or potting mix. Rake over the soil with a fork, then sprinkle your seeds on the soil. Sprinkle a little more soil over the seeds to cover them. Press soil down gently. Water your seeds with a spray bottle or fine watering

Rake over the soil, sprinkle seeds on top then cover lightly with more soil.



Right hand picture.....Dig a small hole with your spoon, place in the cutting and gently press soil around it.

can. Keep them in a sheltered warm spot, out of the wind and away from animals which may knock them over. The soil should stay moist but not too wet so check every day to see if your seeds need watering, but don't overwater as your seeds will rot.

If you are planting cuttings just dig a small hole with your spoon and poke the cutting into the soil. Press the soil back gently but firmly around the cutting. Keep in a warm sheltered spot and remember to water them.

As your plants begin to grow you can *gradually* put them into more exposed areas so they will grow strong and healthy, but don't put them somewhere you will forget about them. Remember to label each pot with the name of the plant you have put in it.



SEED SEXING

Pumpkin seeds are good to start with, they are big and fairly common. Tie a ring, washer, small iron or brass nut (any small weight) on a length of cotton, say 40-45 centimetres long. Separate the pumpkin seeds from the pith and put them one by one on the bench or table and dangle the ring over them. If the seed is female, the ring will swing in a circle, if male it will swing to and fro in a straight line, if infertile it will just hang there. The female seed is said to bear many pumpkins, the male will have a lot of male flowers on it, and the infertile may not even sprout.

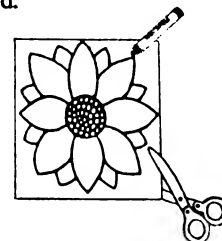
When you have gone through the seeds of a pumpkin, and sorted them into three groups, have a good look at them. Do the female seeds look shiny and plump, the males bigger and flatter, and the infertile odd-shaped and nondescript?

When you bring the ring and cotton over some of the seeds, you will see it actually pause just before it hovers over the seed, as if the aura of the seed has stopped the ring in mid-swing. I put these in a separate heap. They were all female, and I will plant them in a marked area and watch them closely, to see if they bear really well, and then save *their* seeds.

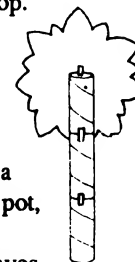
From Ken Cooper
BELLATA 2397.

GIANT PET FLOWER

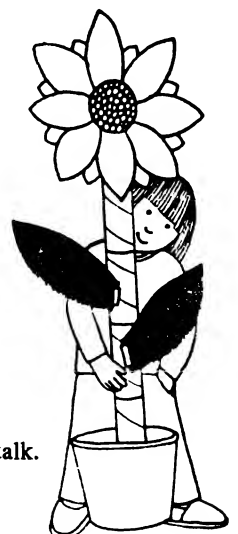
Make a huge flower to decorate your bedroom or playroom. Draw a flower on cardboard.



Cut it out and colour it in or decorate it with coloured paper. Tape cardboard tubes together for the stalk. Tape the flower to the top.



Sit your huge flower in a lump of playdough in a pot, or in a tub full of sand. You could add paper leaves.



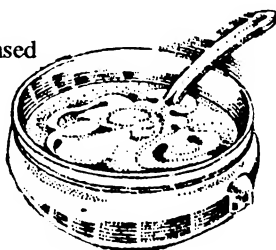
From *Things to Make Six Year Olds* by Donna Bryant, published by Piccolo Books, RRP \$4.99.

While the Billy Boils...

We are all too busy in the garden at this time of year to bother much about cooking and we know most of you will be the same. Our recipes this time can be either prepared ahead of time or slowly baking and bubbling while you are enjoying the fine spring weather in the garden, or perhaps spending time creating some of the wonderful crafty items from this issue.

GREEN SOUP

- 1/2 onion, chopped
- 2 stalks celery, diced
- 2 tbsp olive oil
- 3/4 cup green split peas, rinsed
- 6 cups vegetable stock
- 1 bay leaf
- 6 cups diced zucchini
- 1/4 tsp basil
- 1/8 tsp pepper
- 2 tsp salt
- 500 g (1 lb) spinach, washed and chopped
- 1/4 cup chopped fresh parsley

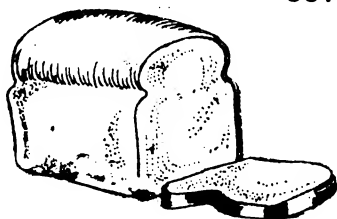


Saute the onion and celery in oil until soft. Add 4 cups of stock, split peas and bay leaf. Bring to boil, then cover and simmer over low heat for about 40 minutes. Add zucchini, remaining stock, and seasoning. Cook for another 10 minutes. Remove bay leaf and discard. Puree soup in a blender, sieve or food mill. Return to the soup pot and stir in the spinach and parsley. Cook over medium heat for several minutes. Adjust seasoning and serve. Can be cooked ahead of time and reheated, or served chilled with a dollop of yoghurt floating in the centre.

Maureen Barton, Manjimup.

ZUCCHINI AND CARROT BREAD

- 2 eggs
- 2 tbsp honey
- 1/2 cup olive oil
- 1 medium zucchini, grated
- 1 medium carrot, grated
- 1 cup wholemeal SR flour
- 1/2 cup white plain flour
- 1/2 tsp salt, optional



Grate zucchini and carrots. Beat eggs, honey and oil together until light and creamy. Stir in zucchini and carrots then stir in sifted flour and salt.

Spread mixture evenly into greased 20 x 10 cm (8 x 4 in) loaf tin lined with greaseproof paper. Bake in moderate oven 40 to 45 minutes or until cooked when tested. Turn out onto wire rack to cool. This is an unusual loaf, and is ideal to serve with soup.

Col Franklin, Ballarat.

BAKED RICE AND VEGETABLES

- 2 cups brown rice, uncooked
- 2 tsp oil, cold pressed
- 2 large onions, chopped
- 2 beetroot, raw, thinly sliced
- 1/2 cabbage or cauliflower, cut in chunks
- 3 garlic cloves, chopped
- 2 tsp tamari (soya sauce)

- 1 tsp basil
- 2 bay leaves (remove after cooking)

Toast rice in oil until lightly browned. Place vegetables over rice. Cover with tamari and water so that vegetables are covered by about 2-3 cm (1 in) of water. Bake in moderate oven until water is absorbed (1 1/2-2 hrs). Add more water if necessary.

Janet Grant, Maryborough.

QUICK, TASTY LENTIL LOAF

- 2 cups lentils, cooked and drained well
- 2 cups cooked brown rice
- 2 cloves garlic, crushed
- 1/4 cup parsley, freshly chopped
- 1/2 cup tasty cheese, grated
- 2 onions, finely chopped
- 2 sticks celery, finely chopped
- black pepper to taste
- 1/2 tsp vegetable oil



favourite chopped fresh herb for decoration

Combine all ingredients, and press the mixture into a loaf tin or casserole dish which has been lightly brushed with a little oil. Bake at 190°C (375°F) for 45 minutes. Allow to stand uncovered for 5 minutes before turning out of the dish. Can be served hot or cold with salad or cooked vegetables.

George Jessup, Grafton.

COTTAGE CHEESE PARCELS

- 1 sheet puff pastry 30 x 30 cm approx
- 1/2 cup cottage cheese
- 1/2 cup cream
- 2 slices stale wholemeal bread, cut up finely
- 1 egg
- 2 rashers bacon, ham (prawns or other seafood), cut finely
- salt and pepper
- handful cut up parsley, chives and onions

Cut the pastry into quarters. Combine the above ingredients and put equal quantities of mixture on the quarters of pastry. Draw up, pinch together like a pastie, place on greased tray. Cook for 15 mins in a moderate or hot oven, until golden then turn off oven and leave for 5 more mins. Serve with salads, green, or mashed potato. This is also nice cold, or frozen and reheated, so double quantity will not be wasted.

Maria McKenzie, Mackay.

RICE AND FRUIT

- cooked brown rice
- fruit, stewed, bottled or freshly sliced
- fruit syrup or juice

Leftover brown rice makes a refreshing dessert when topped with fruit and fruit syrup or juice is poured over. It can be served either hot or cold.

Anita Muscari, Bendigo.

VERSATILE EGGS

by Mary Horsfall, Longwood East, Vic.

Anyone who keeps hens will be familiar with the excitement of collecting the first warm, fresh, free range egg of the season and the renewed pleasure of cooking and eating the bounty as the hens begin to lay. All too soon though, excitement can become exasperation as those wonderful food producers don't seem to know when to stop. Fortunately, eggs are extremely versatile; they can be used in many delicious dishes and the excess can be bartered, or stored for winter use when the hens take a well earned break. Eggs can be eaten alone, or as an ingredient within a dish; they can be used whole, or with whites and yolks separated for different purposes. Whole they act as binders. The whites lighten and bind and, especially when beaten, help make other ingredients rise – as in cakes. Yolks both enrich and thicken – as in custards and sauces.

NUTRITION

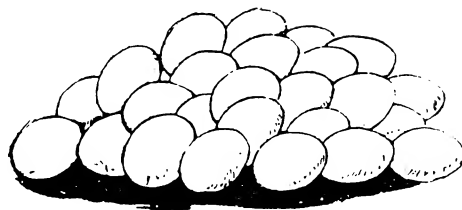
Eggs are a complete protein food, containing all eight amino acids in a readily assimilable form, making them a good choice for invalids. With the exception of vitamin C, eggs contain a balanced source of many important vitamins and minerals including calcium, iron and B vitamins. Undoubtedly, eggs contain cholesterol and must be eaten in moderation by those on a low cholesterol diet, but they are also a good source of lecithin which aids in normal utilisation of fats. Two eggs are equal in nutritional value to one serving of meat, fish, poultry or cheese, making them a very economical food, especially when home produced.

STORAGE

A refrigerator is not the best place for short-term storage as eggs dehydrate rapidly through the shell. However, as eggs deteriorate more slowly at a lower temperature, refrigerator storage is best if you will be keeping eggs for longer than a week. Place them small end down in a covered carton. The shell is sealed against bacteria so do not wash eggs until just before use and then wash in warm water. Eggs will keep satisfactorily in the refrigerator for about a month, but for maximum flavour and quality try to use them before two weeks. If an egg is fresh (up to one week) the white will cling to the yolk when the shell is broken. To test for freshness without having to break the shell, place eggs into cold salted water; very fresh eggs will sink at once – the staler they are the higher they float, bad ones floating on top. As eggshells are porous some liquid evaporates each day causing eggs to become lighter. Fresh eggs when shaken should feel heavy and well filled.

PRESERVING

Those eggs not required for immediate use can be preserved for up to six months, but should only be used in baking. Line a large wooden box with newspaper, ensuring that all cracks are covered. Sprinkle a layer of bran (bought in bulk from a produce store) on the bottom of the box. Rub unwashed eggs with Vaseline petroleum jelly and place them broad end down in the bran, taking care that they don't touch each other. Cover each layer of eggs with bran, pressing down firmly but gently between layers. When the box is full, cover with a paper-lined lid and tape paper around the edges to make the box airtight. Store in a cool, dark place.



An alternative is the lime water method. Pour thirteen litres of boiling water over one kilogram of lime and leave for two days, stirring occasionally. Pour off water and keep, discarding leftover lime. Mix 30 grams cream of tartar with 300 grams salt. Add this to the lime water and place freshly laid, unwashed eggs into the solution each day. (A large, lidded, enamel container is best.)

Freezing

Eggs cannot be frozen fresh in the shell. Mix whites and yolks together with a pinch of salt per egg (one teaspoon salt per six eggs), pack in required quantity (ice-cube trays are useful) and freeze. Egg whites can be frozen without any added salt and sugar and will beat up well on thawing as long as they have been frozen in a grease-free container. Whites not used after thawing may be refrozen. To freeze yolks mix in one teaspoon of salt per six yolks for savoury recipes and one tablespoon of sugar per six yolks for sweet recipes. The salt or sugar prevents the yolks from coagulating.

COOKING HINTS

- For tender flavoursome eggs always cook gently.
- Pin prick eggs on rounded end before boiling, to allow for expansion during cooking and prevent cracking.
- When hard boiling eggs stir them in the saucepan as the water comes to a simmer to ensure that yolks stay in the centre.
- Plunge cooked hard boiled eggs into running cold water to cool them quickly and prevent greenish coloration around yolks, also makes peeling easier.
- Egg white brushed over an uncooked pastry base and allowed to dry will prevent liquid filling from making pastry soggy.
- A pinch of cream of tartar added to egg whites will help to stiffen them when whisking.

Try some of these eggstravagant recipes when your egg glut is at its height

EGG PASTA

500 g wholemeal flour
4 eggs.

Put flour in a mixing bowl or onto a large pastry board and make a well in the centre. Add the lightly beaten eggs one at a time and mix well until a ball of dough is formed. Knead briskly for about 15 minutes until the dough becomes smooth and elastic, cover and set aside for about half an hour. Roll out lightly into paper thin, even sheets, dusting with flour as necessary. For ravioli, use immediately.

STUFFED PEPPERS

4 large peppers
250 g (1/2 lb) mushrooms, sliced or chopped
1 large onion, finely diced
1 clove garlic, crushed
1 tbsp vegetable oil

4 small eggs
 rosemary and freshly ground black pepper
 grated tasty cheese to garnish

Wash and core the peppers and parboil them for about 5 minutes. Drain thoroughly. Meanwhile saute the remaining vegetables in the oil and season with rosemary and pepper. Divide mixture into the pepper shells and break an egg into each one. Season again with pepper and rosemary if desired and top with cheese to cover the eggs well. Bake for 15 minutes at 190°C (375°F).

ZUCCHINI FRITTATA

600 g (1 1/4 lb) zucchini, sliced thinly
 60 g (2 oz) bacon
 2 tbsp olive oil
 salt and freshly ground pepper to taste
 1 tbsp grated parmesan cheese
 6 large eggs, beaten

Layer zucchini in a colander, sprinkle with salt and leave to drain for about 20 minutes. Rinse and drain thoroughly. Meanwhile cut the bacon into strips and saute in a heavy frying pan until browned and crisp. Turn into a bowl. Saute the drained zucchini in the pan with the oil until soft and place into the bowl with the bacon, reserving the oil. Add the seasonings and cheese and stir in the beaten eggs. Wipe out the pan, return the reserved oil and reheat the pan. Pour egg mixture into heated pan and cook on one side, lifting the edges a little to allow the mixture to run underneath. When most of the mixture is cooked, though a little of the top is still runny, place a flat plate on top to invert the frittata, helping it to turn out with a metal spatula. Slide inverted frittata back into a pan to cook the top side. Remove from the heat while the centre is still soft. Slide out onto a serving plate and serve immediately. Serves 4-6.

SPINACH OMELETTE

1 bunch spinach or silverbeet (stalks removed)
 1 tbsp butter
 1/2 cup sour cream or non-fat yoghurt
 3/4 cup lightly roasted pine nuts
 12 eggs
 salt, pepper, freshly grated nutmeg to taste
 olive oil

Blanch spinach leaves by placing in boiling water for 1-1 1/2 minutes. Rinse immediately in cold water to maintain a fresh green colour. Squeeze out excess water, chop coarsely. Lightly saute spinach with butter and stir in sour cream or yoghurt. Add seasoning and pine nuts and keep warm. Make the omelettes by breaking 2 eggs at a time into a bowl, season with salt and pepper and beat with a fork – only until the yolk is blended evenly with the white. Heat a little oil in heavy based fry pan, when it begins to smoke pour in the eggs. Shake pan to distribute the eggs and stir the mixture a little with a fork if it bubbles too much. Turn off heat. Spoon some of spinach mixture into the centre. Gently turn the sides of the omelette over the spinach and slide onto a warm plate. Garnish with a little more of the spinch. Serve with crusty bread and salad or grilled tomatoes. Serves six.

NO FAIL SPONGE

Do not use plastic bowl
 4 eggs (separated)
 3/4 cup castor sugar

1 cup cornflour
 1 tbsp custard powder
 1 tsp baking powder
 1/2 tsp bicarb soda

Beat whites until stiff, add sugar and beaten yolks. Sieve dry ingredients, fold in with knife, pour into 2 sponge tins dusted with cornflour. Bake at 190°C (375°F) for 11-15 minutes.

References

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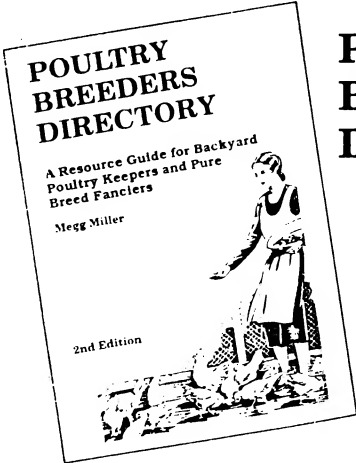


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Tree Planting Tips

Part II

by I.V.M., Woodend, Vic.

In the last issue I discussed some common misconceptions about growing native trees and I shared some advice gained through ten years of tree planting experience. This time I look at the most common causes of tree loss and how to overcome them and also give you some concluding tips which I hope will make your tree planting more successful for you and the environment.

CAUSES OF TREE LOSS

Trees will die after planting for one or more of the following reasons:

Too Dry in the First Few, Critical Weeks

If you've been planting trees in spring and find they die off before the end of summer, consider changing your planting time to autumn, the milder weather gives you some leeway if watering is a problem and the plants have some months to get roots into the soil before the hot weather arrives. When a tree is suffering from lack of water, the tips of its leaves will brown off. By the time this symptom appears, you may have a problem ensuring it survives. Water immediately and deeply and follow up the next day with a strong seaweed solution, *after* another deep drink. This may be enough, if you keep watering until it rains enough to take over from you, to save the tree.

Heavy Frost Damage

Surprisingly, we've found the late spring/summer frosts (Yes, we get frosts in summer!) do more damage to the tender new growth than months of cold, wintery weather. Still, even planted in autumn, some trees will suffer frost damage which burns large areas of leaf over the top of the plant. So long as the majority of the tree is unaffected, don't worry too much about this frost damage. If it does kill the tree, you may want to reconsider the type of tree suitable to grow in your area, as there should be plenty available which can handle the frost.

Too Wet for Too Long

Most plants, apart from those which love boggy places, resent 'wet feet' very much indeed. If you look at the base of the tree, you may find (as we did when first starting with tree planting) that your beaut hole has collapsed, leaving the tree in a depression which is ideal for pooling water. That's why we build mounds for our trees these days. Eventually, in twelve or so months, the mound will have compacted to ground level, but in the meantime, there's no pooling of water to drown the poor things.

Root Damage on Transplanting, or Poor Root Growth in the Pot

The roots of the tree to be transplanted are vital indicators of its ability to grow on easily. Good root systems should extend to the bottom of the potting mix with no twisting or bunching. If the root ball is heavily matted, *lightly* tease the lowest roots away from the ball, but be careful, you can do more harm than good by teasing out too many roots. When placing the tree into the prepared hole, try not to break or bend the root ball away from the stem, this can happen if you are too rough in handling the tree.

Native trees have an enormous capacity to survive difficulties and an apparently dead tree seedling can reshoot. However, such trees will be retarded in their growth for several seasons,

while other, healthier trees will be growing at twice their rate, therefore it makes sense to take the extra bit of care needed to achieve maximum growth from your trees.

CONCLUDING TIPS

You can give every tree you buy, or raise from seed, the maximum chance of survival by following these few simple steps:

Careful Choices

Choose tough, hardy species for your locality. Healthy trees have straight, strong stems and glossy, green leaves with little or no insect damage or browning of leaves. The roots fill the pot but are not matted. Avoid plants sold cheaply, because they are either root-bound or damaged in some way and you may find they die very quickly on you. If you can't resist a 'bargain' think about repotting the plant(s) into a good mix and carrying the plant over for a season, in order to get the plant growing normally before you thrust it out into the elements.

Hole Preparation

Prepare a good, deep hole into which generous amounts of extra soil, compost and fertiliser have been added. Plant out carefully, pressing the soil down around the new plant to exclude air pockets, and water deeply. Mulch (lightly in autumn, heavily in late spring) and stake if necessary.

Watering

Follow-up watering should continue for a couple of weeks, unless nature does the job for you. Observe the plant for any sign of browning of leaves from the base of the plant, this indicates severe stress, either from root damage or drying out.

Remove Weeds

Don't forget to pull weeds and grasses out from under your new trees. A mulch will keep most weeds down, but often they'll grow right up to the stem and if allowed to grow they'll choke the trees' roots and compete for food and water.

Persist!

Tree planting is a vitally important exercise for land owners in this country. There's little enough help available to encourage people to get into it, so you'll have to draw largely on your own resources to get the job done. It can be done and it is intensely rewarding. Within a few short years you'll see the benefits and beauty they add to your land and to the local area and, like us, you may well become addicted to planting them.



PREVENT GARDENER'S KNEES

Sew shoulder pads from old dresses inside the knees of gardening trousers for comfortable portable kneeling pads.

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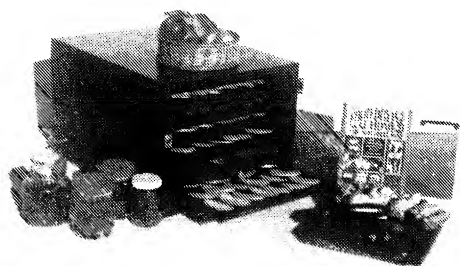
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WIND POWERED GARDEN GADGET

by Alison Trebilco, Chiltern, Vic.

In his vegetable garden, my father has an ingenious little gadget aimed at scaring birds away. It's very simple. Based on a windmill, it is able to turn around according to the direction of the wind. When it begins to spin it makes a whirring sound, making it a frightening experience for the unsuspecting bird quietly feeding off your produce. It also rattles and clatters a bit as it changes direction. While looking after a friend's home while he and his family were away, my father erected some gadgets around the hen house. He found it effective in stopping the crows from stealing the eggs. If you wish, you can put a pebble inside which is even noisier and more effective.

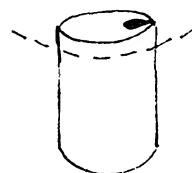
MAKING THE GADGET

Materials

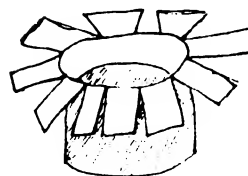
- a piece of polypipe – long enough so when it's upright it can catch the wind
- a piece of wire
- two aluminium cans

Method

Cut off the ends of the cans with the hole in. With one can, cut nine or ten strips lengthwise about two-thirds of the way down the can. Bend them back so that they fan out. Make a small hole, large enough for the wire, in the centre of the base of each can. Push the uncut can inside the fanned out end of the other as far as it will go. Thread the wire through both holes and bend the wire at the end of the can so it won't slip off. Bend the other end of the wire so that it feeds down into the polypipe. Erect in your vegetable garden and watch the birds disappear.

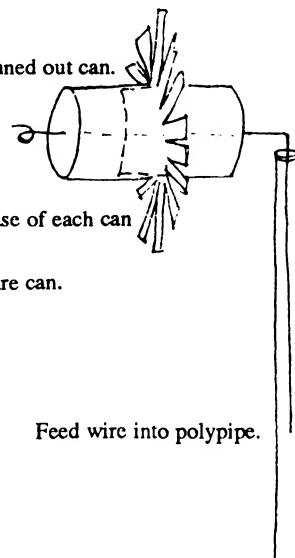


Cut along dotted line.



Fold cut strips out into a fan shape.

Push uncut can inside fanned out can.



Cut a small hole in the base of each can and thread wire through.

Bend end of wire to secure can.

Feed wire into polypipe.

DOLL'S FURNITURE FROM MATCHBOXES

by Elsie Hoare, Berwick, Vic.

When I was a child my grandmother gave me a toy dressing table which she had made from empty matchboxes. It had little drawers which opened and closed with the aid of tiny boot-button handles and a real mirror. I well remember the pleasure the gift gave me, yet it cost Nana no more than her time, some glue and brown paper, the boot-buttons and the mirror. The humble matchbox, which we use without thinking, then discard with the same indifference, can be recycled in some lovely ways. I once had an exquisitely decorated wooden one given to me by a friend who had brought it back from Japan. It was hand-painted and decorated with a small piece of mirror on which was painted a scene of swans on a lake. But my favourite way of making use of empty matchboxes, now that our children are past the stage of filling them with dead spiders and insects, is to collect them, cadging them from my friends as well, and turn them into doll's furniture.

Even though they're made from cardboard, or very thin wood (if I am lucky enough to get hold of the boxes which hold waterproof matches) furniture made from matchboxes is easily as durable as the plastic or expensive wooden kind, with the advantage, in the case of the cardboard ones, that if they get accidentally stepped on they can often be pushed back into shape. Their one disadvantage is that they can't be left in the rain or immersed in water, although those that are painted with a water resistant paint can tolerate a splash or two. If you fancy delighting some small friend with the gift of a set of matchbox furniture, the following simple directions will help you make a toy to be treasured for years.

DRESSING TABLE

Materials

- seven empty matchboxes
- cardboard from an empty cereal packet – two pieces about 11 x 12 cm ($4\frac{1}{4}$ x 5 in approx)
- seven boot-buttons for the drawer handles, or seven beads and a card of 15 amp fuse wire with which to attach them, or seven brass paper fasteners
- a small handbag mirror or a suitable substitute such as a piece of the shiny foil wrapping film which usually surfaces each year around Christmas time
- woodgrain or plain wrapping paper, butcher's white news will do
- a little gloss or semi-gloss house paint, or clear lacquer, (optional)
- glue suitable to stick the materials you've chosen
- spring clothes pegs to hold the boxes together, if necessary, while the glue dries.

Method

Following the illustration (fig 1), take six empty matchboxes and glue them in two stacks of three with one in the centre. Remove the trays from the boxes and put them aside. Hold the glued boxes together with pegs, if necessary, to ensure a firm grip and leave them to dry. Decorate the front of each matchbox tray with paint or glue on a piece of pretty paper. A few tiny flowers will give them a folk art appearance.

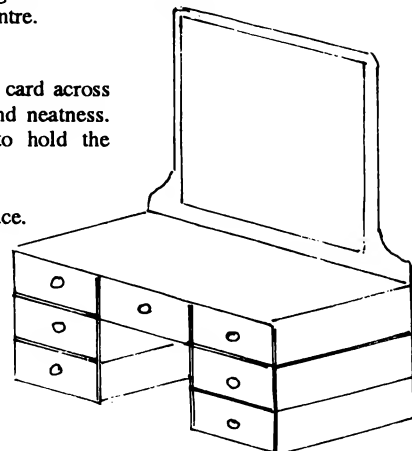
When the glue on the outer cases is firm enough to handle cut a piece of card 11 x 12 cm. Turn the dressing table upside

Figure 1 Dressing Table

1. Glue matchboxes together in two stacks of three and one in the centre.

2. Glue a rectangle of card across the top for strength and neatness. Bend half of it up to hold the mirror.

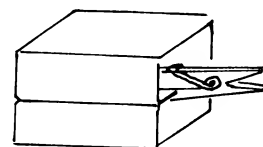
Glue mirror in place.



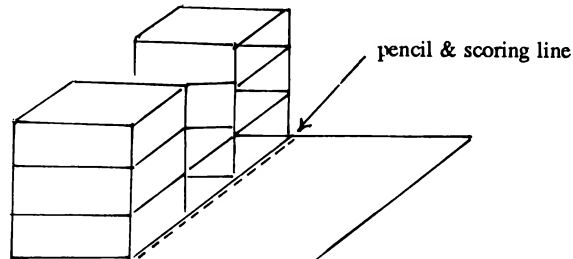
3. Remove drawers before gluing the frame to strong card at the back. Cover the dressing table with paper of your choice or paint it if you like. Paint drawer fronts and when dry attach bead handles, insert drawers.

Figure 2

Hold glued matchbox cases together with clothes peg.



Measuring card for top of dressing table.



down and place the part that will be the top on this piece of card with the open ends along the 11 cm edge. Run a pencil line across the card at the other open end, thus creating a template of the dressing table top (fig 2). Your piece of card should now be divided into two rectangles, one about 11 x $5\frac{1}{2}$ cm ($4\frac{1}{4}$ x $2\frac{1}{4}$ in), the other approximately 11 x $6\frac{1}{2}$ cm ($4\frac{1}{4}$ x $2\frac{1}{2}$ in). Using a straight edge and the back of a knife, lightly score the pencil line that you have just made and bend the card at a right angle along this line. This will be the top and upper back of the dressing table.

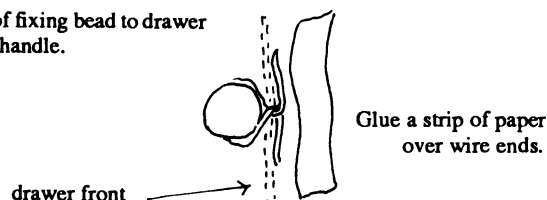
Glue the narrowest rectangle along the top of the dressing table so that the right angled piece stands up ready to have the mirror attached. When it is dry, trim it to the shape you desire for the mirror section.

Cut another piece of card 11 x 12 cm and lay the back of the dressing table down on it. Trace round it so that you have a piece of card which exactly matches the shape of the dressing table back. Cut the shape out and glue the two together. The empty matchbox cases won't provide much surface to grip but the paper covering which will follow will reinforce this.

When all the glued parts are firm and dry cover the entire dressing table with your choice of covering, snipping corners and tucking ends in neatly wherever necessary.

Figure 3

Method of fixing bead to drawer front for handle.

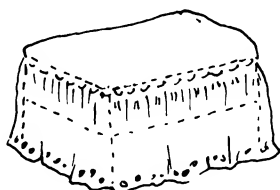


Push a hole through the centre of each drawer front and attach the handles. For boot-buttons, push the shaft of the button through the drawer front and secure with a split match stick dipped in a little glue. For beads, thread each bead onto a short length of fuse wire, twist the ends together close to the bead, push the wire through the drawer front and separate and spread the ends of the wire as illustrated (fig 3). Paper fasteners: push the closed fastener through the drawer front and spread and flatten them. Whatever your choice of drawer handle, cover your method of attaching it with a small piece of paper glued inside the drawer front.

If you intend to paint the dressing table, do it before you insert the drawers. Finally glue the mirror in place. If you are using the shiny foil gift wrap you will have to use a frame of narrow strips of gift wrap adhesive tape to fix it in place as it peels away from most glues.

BEDROOM STOOL

Cover two matchboxes and add a frill, for a bedroom stool, or cover a single box to match the lounge suite, for a footstool.



Materials

- two empty matchboxes
- a pretty piece of fabric for covering
- a little cotton wool or clean, unspun fleece to pad the seat
- 20 cm (8 in) of narrow braid or coloured threads plaited to that length, for trimming
- 20 cm of 3 1/2 cm (1 1/4 in) lace or a pregathered piece 20 cm long

Method

Pack the trays of two matchboxes with wads of tightly folded newspaper to give them extra strength. Glue the boxes together on their widest sides.

Glue a small scrap of padding material to the seat area. When dry, wrap the stool like a gift parcel in the covering fabric, tucking the ends under neatly and gluing or stitching them down with matching thread. Attach a frill of lace and trim with braid or the coloured thread.

BED

Materials

- 10 matchboxes
- piece of card 10 1/2 x 19 cm (4 x 7 1/2 in approx)
- beads or similar, for drawer handles
- decorative wrapping paper

- corrugated cardboard, for bed ends
- pretty fabric scraps, for bedding

Method

Glue the matchboxes in two rows of five onto a piece of card 10 1/2 cm x 19 cm to make the mattress base. You can use the drawers of the matchboxes for a divan effect, adding handles as for the dressing table, or stuff them with folded newspaper for a more solid base. Cover the mattress base with wrapping paper. Cut bed ends from corrugated card and cover with paper to match the dressing table. Make a mattress, pillow, and bedcover to fit from scraps of pretty fabric.

Note: If you prefer the bed to have legs, rather than to sit flat on the floor, glue the matchbox base about 1 1/2 cm up from the bottom edge of the bed ends.

Next time I will show you how to make armchairs and a couch, along with a simple doll's house in which to present your furniture.

NATIONAL ALLERGY ASSOCIATION

The National Allergy Association of Australia (NAAA) is a nonprofit, self-help association which aims to assist individuals cope with allergies and related illnesses. It provides support, encouragement, counselling, information and education to those who are disabled, disadvantaged or suffering as a result of an allergic condition. Allergies occur when the body's defenses react against substances it does not tolerate. These substances may be natural or an added part of food, air, water or things we touch. NAAA aims to promote public and professional awareness of allergies, their extent, effect, management, control and prevention. Also to improve resources and information available in the community.

For more information contact: NAAA, PO Box 280, PARRAMATTA 2124.

KEEPING ABREAST

The British medical journal *The Lancet* reports that premenopausal women who eat foods rich in soya bean proteins have a 60 percent lower risk of developing breast cancer. The proteins, found in soya sauce, tofu and soya beans, are loaded with phyto-oestrogens (plant forms of oestrogen). Researchers believe that plant oestrogens may block the activity of human oestrogens, the female hormones thought to promote certain types of breast cancer.

Reprinted from *New Vegetarian*, Vol 1, No 3, Winter, PO Box 65, Paddington 2021.

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A HOME GARDEN WATER CULTURE SYSTEM FOR GROWING VEGETABLES

By Jack Ross, Port Macquarie, NSW.

Lucky is the home gardener who has good quality soil enabling almost anything to be grown. Unfortunately, the soil in many backyards is very poor, in some cases riddled with disease or chemicals making the growing of vegetables a most difficult and trying task. Also, there are some people these days who have no ground in which to grow anything. These are people who live in elevated home units or flats, sometimes several storeys above the ground. Well, all is not lost for these frustrated would-be-gardeners. This article describes a soilless system to cater for those people born with 'green fingers' and a yearning to grow their own vegetables.

Growing luscious vegetables without soil is not new. The technique, also known as hydroponics, is practised by thousands of home gardeners and commercial growers throughout the world. The most popular crops grown in Australia include lettuce, tomatoes, capsicum, broccoli, cucumbers, herbs and strawberries. However, any plant which can be grown in soil can be grown under soilless conditions given the right nutrients.

There are many soilless systems which could be set up to grow vegetables in the backyard, on a patio or balcony, but many involve carrying buckets of heavy gravel or sand or large bags of lightweight material such as perlite and vermiculite. The lightweight materials are frequently blown away by wind, creating a mess which has to be cleaned up frequently. The system described, operates with water to which is added nutrients and it functions with only minimal attention. It can be assembled by a handyman or woman and does not require a science degree to operate. The nutrient loaded water is circulated three or four times during daylight hours using a small fountain type pump controlled by a time switch.

ADVANTAGES OF SOILLESS GARDENING

Advantages of the system over a typical soil garden are many, and include:

- the installation can be set up almost anywhere there is sufficient light to grow plants,
- it can be made to suit space available and is easily expandable later to cater for more plants as required,
- it is an enclosed water system and if properly installed, will not leak or create any mess,
- it eliminates those unpleasant tasks associated with soil gardening such as digging, removing weeds, fumigating soil, hosing,
- it uses less water than for soil gardening, there is no waste, the only water used is that taken up by the plant for its growth and development,
- many plants can be grown in a small area over a short space in time,
- there is no problem with soil borne diseases provided no soil on plant roots is introduced into the system,
- plants are easily established,
- seeds are not eaten by ants before they have had a chance to germinate,
- crop rotation problems experienced with soil cropping are eliminated,



Climbing beans ready for harvesting. Five, 10 litre buckets were filled from this crop.

- maximum yields are possible.

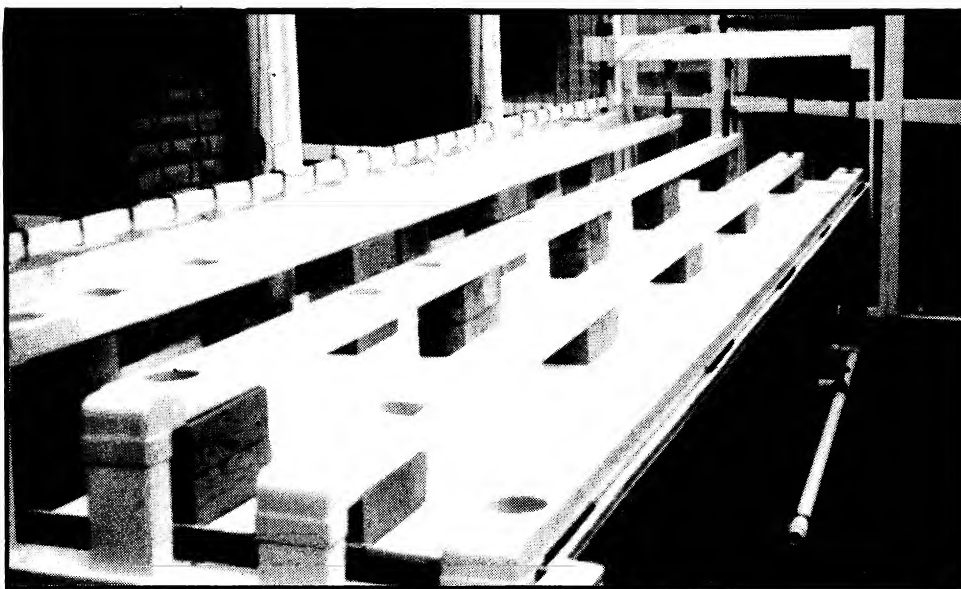
Notwithstanding the advantages of soilless growing, the climate has the same influence on what can be grown and when it should be grown as with soil growing. Optimum crop production cannot be achieved out of season unless the environment is suitably controlled such as a heated glasshouse for growing summer salad crops during winter.

NUTRIENTS

Whether a plant is grown in soil or without soil, it needs a supply of many nutrients for growth and development. In most soils these occur naturally or are applied as fertilisers, but for water culture they have to be added to the water. Nutrients required by the plant in large quantities include nitrogen, potassium, phosphorous, calcium, sulphur and magnesium while others such as iron, copper, boron, zinc and more are required in small quantities. Oxygen, hydrogen and carbon are also essential, but are readily available from air and water.

However, there is no need to be put off by the chemistry of plant nutrient requirements. Nutrients premixed to the correct proportions in powder form are available from good nursery or hardware outlets. Although some growers like to invest in an expensive instrument to measure such matters as pH and conductivity, in practice, this is really not necessary. Even with soil crops, only the large commercial growers monitor the soil nutrients and its pH. Changing the nutrient solution every eight to ten weeks in most cases is all that is necessary.

One of the simplest and easiest to operate systems for growing vegetables uses small rockwool blocks or cubes placed in cutouts of a plastic channel through which flows a shallow stream of nutrients in water. The plant roots eventually grow out of the cube, forming a dense mat over which the nutrient solution flows. For top-heavy vegetables such as cabbage,



System after assembly. Frame at rear is for tomato plant support. Stepped heights of channels facilitates harvesting of crop.

broccoli, capsicum and climbing plants such as telephone peas, climbing beans, tomatoes, cucumbers, a simple support system is provided not only to support the plant but to facilitate harvesting of the heavy crop.

EQUIPMENT

Channel Material

Many materials can be utilised for channels but standard rigid white PVC plumber's rectangular down piping is one of the most popular. Only very simple tools are required for cutting to the required size and for making hole cutouts. The installation can be made completely drip proof and will give years of trouble-free service.

Those people who prefer to buy channels already cut out can purchase channels made specifically for hydroponics purposes. A typical channel is the Vinidex Hydro Channel which can be purchased with hole diameters of 35 mm, 40 mm or 50 mm in channel sizes of 100 mm by 50 mm or 100 mm by 30 mm to cater for a variety of crop types. The lid which contains the holes is removable and allows crops to be grown to depths of 50 mm or 30 mm, or by inverting the lid, to depths of 40 mm or 20 mm. Channel ends are sealed with moulded caps. Whatever material is chosen for the channel, it is important that it be of material that will not corrode or leach out harmful substances in order not to upset the nutrient balance or cause toxicity to the growing plant.

The use of rockwool cubes in the channel will keep the plant roots moist for some time and there is no need to keep the pump operating continuously. Experience with a wide variety of plants has shown that even with fully grown plants, one hour cycles three times a day during daylight hours is all that is required. The cycles are controlled by a timer and this means that the system will function automatically for long periods. The main attention needed is to inspect the water level and top up as necessary. For the majority of plants, 100 mm by 50 mm channel is suitable with a single 75 mm rockwool cube, but for tall heavy-cropping tomatoes the 150 mm by 75 mm channel with four 75 mm cubes tied together are preferred in order to keep the roots sufficiently moist between water cycles during summer days. Single cubes could be used but it would

be necessary to increase the frequency of the cycles.

The channels should be mounted with a slope to ensure that the solution moves through and around the rockwool cubes and returns to the tank. The amount of solution fed at the top end of each channel can be adjusted by a small standard plastic tap so that the slope and feed rate combination results in a water height of about 5 mm for a channel length of about 4 m. As the plants grow and the root systems spread out into the channel, the flow rate can be adjusted by the tap if necessary.

The Rockwool Cubes

Rockwool is a fibrous material similar to bats used for ceiling home insulation. In Australia it is marketed with the trade name Growool. It is available in large slabs, blocks and flock. The blocks or cubes used in this system are the standard 75 mm by 75 mm by 65 mm type referred to as wrapped cubes. They can be purchased singly or in carton lots containing 336 cubes. Although it is possible to grow plants in small plastic pots containing gravel, perlite or other media, rockwool has a number of advantages including:

- plants strike quickly,
- because of its softness, roots and cuttings are not damaged when pushed into the material,
- it holds more water than most other media,
- the material is relatively cheap,
- the block and root mass are easily removed from the channel after harvesting of the crop,
- it is inert and does not upset the nutrient balance in the solution.

The Pump

A small water pump of the fountain or waterfall type is quite satisfactory for the system. The ONGA FP1 model which consumes no more power than a small electric light bulb is ideal for a home installation. It is fully submersible and made of moulded construction with the exception of a stainless steel shaft and thrust bearing on which the impeller rotates.

Time Clock

Time clocks to control the operating periods of the electric pump are available in a range of models from hardware stores. One with at least three operating cycles is preferred and this is



Established seedlings. Aluminium foil over cubes directs light to under side of leaves and also minimises loss of water due to evaporation.

easily met by most of the programmable electronic types.

Storage Tank

The size of the tank to hold the nutrient solution will be determined by the size of the system and the type of plants being grown. A fully grown tomato plant will require much more water than a strawberry plant for growth and development. The tank should be of sufficient size to hold a large reservoir of water in order to minimise topping up operations. A variety of plastic tanks can readily be obtained and second-hand types which had been used to import olives and other products can often be obtained cheaply. A 200 litre tank is adequate for about 100 plants, but two connected in parallel will give an installation with more than adequate reserve for long-term unattended operation, a bonus if the owner wishes to go away on holidays.

Metal tanks are not suitable if they are likely to corrode due to the possibility of contamination of the water.

Plant Support

Many methods are possible to provide support for top-heavy vegetables and climbers. One method is to tie string along the length of the channel at a height to suit the plant. Standard carnation type wire frames are another solution where only a few need support. Plants like lettuce and strawberries do not need support assistance. For tall tomatoes, a vertical frame is necessary, as it the case for soil grown types. Climbing beans, telephone peas and cucumbers are best handled with standard plastic or wire netting laid horizontally, several centimetres above the cubes.

Seedlings and Seeds

Seedlings and seeds are planted directly into the cubes. If seedlings had previously been raised in soil, the soil should be washed off in tepid water until all soil falls away from the roots. If the soil is not removed there is a danger of soil borne disease being introduced into the circulating nutrient solution. Cubes should be soaked with nutrient solution before inserting the seedlings.

Cubes are available with or without holes. Plants with large root systems such as strawberries will require cubes with holes, but cubes without holes are satisfactory for plants with a small root system such as lettuce. A hole can be made in the cube

with a screwdriver or other device. The seedlings should be irrigated as soon as they are placed in the cubes.

For seeds, the cube is well wetted and kept moist until the seeds germinate. The cubes are not irrigated until the seed germinates, otherwise the seed, particularly beans and peas, may rot.

Crops

The installation constructed by the author comprises four lengths of 100 mm by 50 mm channel each with 12-13 square holes staggered on adjacent channels and one 150 mm by 75 mm channel with 12 cutouts to take four cubes in each cutout. Each channel is 4 metres in length and all are connected in parallel for water flow purposes.

The larger channel is used exclusively for tomatoes with four crops per year being produced. Average yield for Burnley Bounty, Grosse Lisse and Mighty Red tomatoes is 5 to 7 kg per plant. Other varieties grown in the system include the mini varieties such as Sweet One Hundred, Tiny Tim, Small Fry and Patio Hybrid.

The smaller channels with one cube per cutout have been used to produce crops of broccoli, capsicum, various types of lettuce, celery, silverbeet, strawberries, dwarf beans, bush and sugar peas, beetroot and others. Climbing crops such as beans, telephone peas, cucumbers and rockmelons have also been grown with good results.

Not only does the system give the grower the opportunity of saving money by growing vegetables at home, but the produce can be picked when it is young, full of vitamins, succulent and at the peak of its flavour.

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LOW INCOME LUXURY LIVING

Part III

For The Chocaholic

by Marja Fitzgerald, Mongogarie, NSW.

Many people (including me!) have a guilty love of all things chocolate. The trouble with bought chocolate is not just its price, but it often contains preservatives and has a very high white sugar content. You can avoid these hazards (to a certain extent) while still indulging your favourite vice by making your own chocolate at home. Just be aware that even homemade chocolate contains some form of sugar, as well as fats. If you are milking a cow, you can make chocolate cheese. Even if you are not milking, you can substitute cream cheese mixed 50-50 with yoghurt for the homemade soft cheese, but this makes it more expensive.

CHOCOLATE CHEESE

First make your cheese by heating milk to 32°C (90°F). Trickle in apple cider vinegar while stirring till the mixture separates to white curds and greenish clear whey. (See my article in GR 90 for more detail about cheese making.) Drain off whey and use the well drained curds as follows. Place one mug of cheese in blender, blend till smooth and creamy. Then add the following:

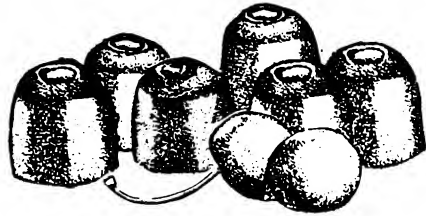
- 2 rounded dsp cocoa
- 3 rounded dsp brown sugar
- 2 tsp vanilla essence
- 1 level tsp cinnamon powder
- 1 tsp instant coffee powder (optional)
- pinch nutmeg
- 1 tbsp rum or homemade liqueur (optional)

Blend till very smooth, put in fridge for 24 hours for flavours and firmness to develop. I make several batches at once; the cheese from 7 litres (12 pt) of milk makes 3 or 4 batches. Do not blend more than one batch in the blender at a time as it may not mix properly. The above can be made without a blender, especially when using bought cheese. Homemade cheese not blended may be a little grainy.

CHOCOLATE NUT DELIGHT

- 1 cup milk powder
- 1/3 cup honey
- 100 g (3 oz) copha (2/5 of a 250 g packet)
- 1 cup sesame seeds
- 1 cup sunflower seeds
- 2 tsp fennel seeds (optional)
- 1/2 cup almonds
- 2 heaped dsp cocoa
- 1 tsp ginger powder
- 1/2 tsp cinnamon powder
- pinch nutmeg
- 1 tbsp homemade liqueur (optional)

Place honey, fennel seeds and roughly cut up copha in a small heatproof bowl or large mug. Place inside a larger bowl of almost boiling water. Stir at frequent intervals till the copha is melted. Meanwhile, in another bowl, put the cocoa, ginger, cinnamon, nutmeg and milk powder and mix well. Add the almonds, sesame and sunflower seeds and mix again. Then add



the melted copha mixture and liqueur and mix it in. Place in buttered tray and press down firmly. When cool place in fridge. This will set hard and does not need the fridge in cold weather.

CHOCOLATE LIQUEUR CHERRIES

In this recipe neither the chocolate nor the cherries are homemade, so it is rather a decadent treat, but good for special occasions such as birthdays. You will need to buy preserved, red cherries as used in fruit cakes, 'Home Brand' compounded dark chocolate (this is the cheapest and has no added nasties) and brandy. Buy Australian brandy, because it is the only one guaranteed to be made solely from grapes. Overseas brandies can derive their alcohol from anything.

The first step is to soak the cherries. Place cherries in a jar and cover with brandy. Leave for between 3 and 5 days. Less doesn't give the cherries time to absorb the brandy and longer will soften the cherries. Put chocolate in a heatproof bowl and place into a pot of boiling water which is off the heat. Stir frequently till melted. You will need roughly one square of chocolate per cherry. While chocolate is melting remove cherries from jar and place in a bowl to drain. After they have drained awhile remove to another bowl and pour all drained liquid back into the jar. This can be re-used for soaking fruit or alternatively used as a cherry flavoured brandy.

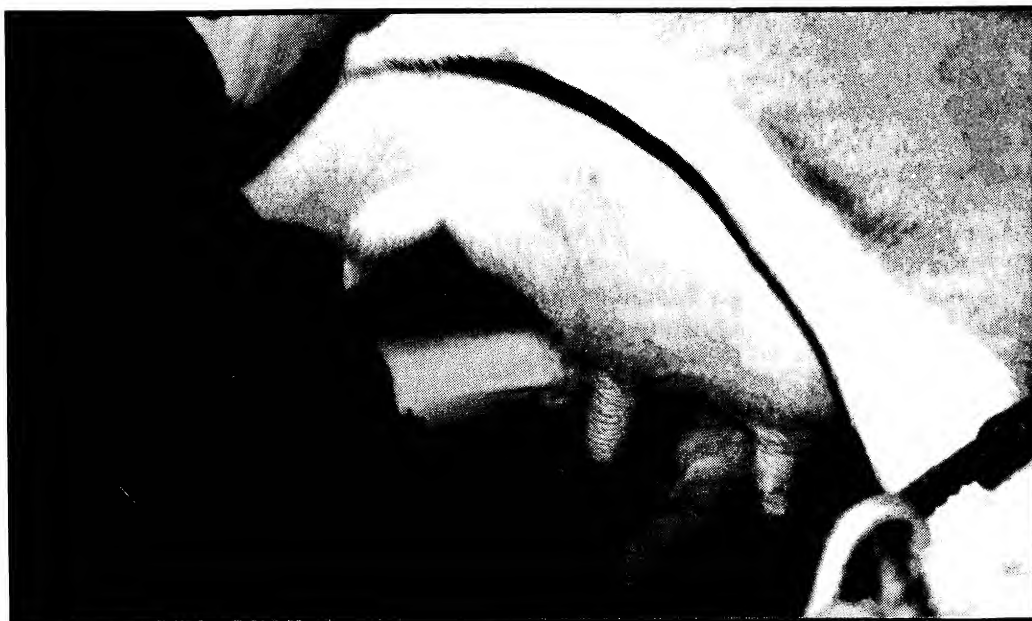
Lightly butter some plates to put the chocolates on when made. With a spoon, take a cherry and drop it in the melted chocolate. Roll it with the spoon till it is completely coated, then, using the spoon, place it gently on a buttered plate. With practice you will achieve a little swirl on top as you slide the spoon away. Continue till all cherries are used. Make sure they do not touch each other on the plate. Place plates of cherries in the fridge to harden. After a couple of hours they should be hard enough to remove from the plates. Do this with a thin-bladed flexible knife. Slide the blade gently under each chocolate to remove it. At this stage I put them in jars in the fridge. Once they are set it no longer matters if they touch.

I hope you enjoy these indulgences. In Part IV I'll describe some homemade liqueurs.

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Managing Daisy

by Greg Baker and Robin Jean, Braidwood, NSW.



So you've bought your house cow and trucked her home. She's either come with calf at foot or she's dropped one down the paddock and returned proudly to show you. Her udder is immense, banging between her legs, crying out to be milked. The time has come and there's no avoiding it. But where?

YARDS

*They milk them here,
they milk them there,
those new chums milk them everywhere.*

Well they might. We usually do our milking in a bail. When we first bought our house cows we considered carefully where to do the milking. It seemed that locations ranged from out in the clover-studded paddock (how idyllic) to a mud brick milking shed complete with electricity and running water. We determined on the middle course to save time and materials and possible dismantling later when we found we'd done it wrongly. We converted a makeshift sheep race into a semi-makeshift milking place.

Our cows are quiet and can be milked in the paddock but they really prefer a routine which includes a set place for milking as well. Every evening to separate cows and calves we put them in our very basic yards; the calves in the lower one, the cows in the top one. We could make do with one yard and just lock up the calves but we are improving our pasture and vegetable gardens by adding a deep litter (as one does with poultry) to the yard, mixing it with the overnight cow manure and then spreading it either in the garden or onto the paddocks.

In the morning the cows are run into the race/bail, milked and then passed into the lower yard where their calves are waiting. Design of the yards and bail is fairly simple and follows to a certain extent designs published by the NSW Department of Agriculture. There are however some differences and clarifications.

- The floor is a 75 mm (3 in) concrete slab with some old rusty, but still sound, F62 reinforcing steel. We got the kids to

screed it off so it's nicely rough and the cows don't slip on it.

- The posts are split wooden fenceposts packed 50 cm (20 in) in the ground.

- The rails are 75 x 50 mm (3 x 2 in) hardwood. This is strong enough for our cows and puny bull. I wouldn't like to have a big strong well-grown beast in there though.

- We have filled in between the lower rails with old weatherboards so that the cattle do not get their feet caught between the lower rails. It is possible to remove the rails altogether so that if an animal does go down in the race we have a better chance of getting her out and without having to saw the uprights off at ground level.

- Since the ground is sloped we ran a drain around the top of the concrete slab so that when it rains the floor is not contaminated. A raised floor would also achieve this end.

- Normally a race has complete sides. To make a race/bail combination leave a gap in the lower rails of around one-third the length and two-thirds the height on one side. When running smaller animals into the race this hole will have to be blocked so that the animal does not run straight through.

The big disadvantage in a race/bail combination is that at times the race is used for activities, such as vaccination, that the cows might consider unpleasant. This will make them less happy and more nervous about being in there and therefore more difficult to milk.

A fenced section or cage can be placed around the person doing the milking so that the calf can't monster them. Give it a gate so that you can let the calf in to stimulate milk flow when or if necessary. This cage (rather like a child's playpen) saves you having the little dear nibbling your ear in lieu of a teat. When it grows larger it saves you the stress of wondering if you are going to be horned over and if that will do irreparable damage to your spine. Other additions can include a roof over your head for that fourth rainy day in a row when you either milk in the rain or give up altogether and drink water. Protection

from the wind is also wise since dairy cows, Jerseys in particular, do not like the wind. When there is a wind blowing they jump all over the place as if they've never been milked before in their lives.

MILKING

A house cow's day begins with a gentle mooing, letting those still in bed know that it's time to either give her back her calf or milk her, or both. This soothing noise becomes louder and more strident the longer she is left. Cows like routines. They are only happy when today is the same as yesterday and the one before that. So it doesn't matter if they are separated for eight hours or twelve as long as it's around the same length of time on each occasion.

So crawl out of bed, grab a bite to eat and swing into the routine of milking. Warm water and cloth for cleaning udder and teats, stainless steel bucket, Animol (a kind of animal petroleum jelly for softening the teats and assisting healing of chapped, cracked or even chewed teats) and of course some 'nibbles'. Running warm water is best from the point of view of hygiene, but since we don't even have running cold water at the yards we make do with a bucket. A seamless stainless steel bucket for the milk is essential. We have used a new plastic one and had it holed the first day we used it. A galvanised steel one we decided would be just too difficult to clean. Try not to use any abrasives on the stainless steel one since this makes grooves in which dirt and milk can accumulate. The 'nibbles' we use are either a mix of oat grain and chaff (and calcium carbonate) or horse stud mix and chaff. The milking cow mix is not readily available to us locally and is thus very expensive.

Other equipment in the yard includes a cut-down five gallon (25 lt) drum for the feed. Since this tends to slip around causing Daisy to 'walk' around after it, we secure it in one place by putting it in an old tyre. For a seat we use a block of wood.

Once the cow is in the bail we tie the back leg nearest us to the post nearest us. Having tried hessian ropes, which easily broke, we now use an old tow rope for the job. Not only is it strong enough (it wasn't the one time we used it on the car), it also has a loop at one end and a hook at the other. This makes it easier and faster to 'tie' and 'untie'. We don't tie her tail.

Though it's annoying to be flicked when she swishes it at the flies, it is an invaluable indicator of the cow's intent to urinate or defecate. This gives you the chance to retreat with the bucket so that the milk is not contaminated.

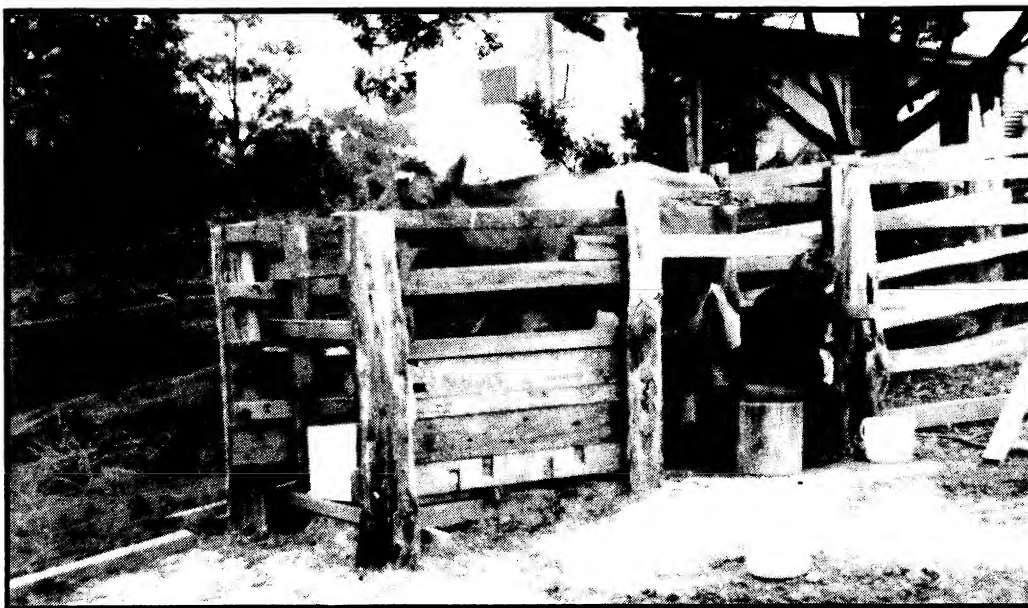
We wash and wipe her udder and teats and smear on a little Animol. Only then do we give her the food. She gets stuck into eating and we, while her attention is elsewhere, milk. When we bought the cows one of our most important questions was, 'What happens when she runs out of things to eat?' Our only experience, that of milking a near feral goat, was that as soon as the food ran out she sat down on the milk. We needed to be pretty swift getting the precious liquid out of the way. We were assured that this would not be the case with cows, but we know from experience now that things are more likely to be interesting once the feed runs out. There are three things to remember when milking.

- Posture: Keep your back straight. Too much bending forward and you'll end up with 'Dairy Person's Back'. This is a spinal problem that can put you on the sofa for days. Make sure your 'stool' is the right height for you with respect to the udder you are milking and that you don't sit too far away from the cow.
- Be relaxed: If you tense up waiting for Daisy to kick you or the bucket then you are using energy for a non-productive activity. Also Daisy, perceptive old dear, will know and behave to suit. She'll probably dislike other distractions such as bulldozers next door or children riding pushbikes nearby.
- Use all your hand, not just the fingers when milking. If you don't, after a week or so your fingers will feel as if they are about to fall off and after another week you'll wish they would.

There are varying opinions as to which order the teats should be milked. The only way *not* to do them is the two closest to you first. This results in a lopsided udder which then requires the milker to have simian arms to finish off. Otherwise opinions vary as to whether you do them diagonally or back then front. We milk the two furthest away to get the hardest done first.

When you begin to milk it's a good idea to put a few squirts of milk on the ground, so that any dirt in the teat canal doesn't end up in the milk.

Letdown is the inherent ability of the animal to give or



Daisy being milked in the bail. Keeping her busy with 'nibbles' makes the job go smoother.

withhold milk. No doubt a good move for survival of the species it is nevertheless not good for home milkers if the cow will not let her milk down. In this case only the milk that is ready and available in the udder can be milked out. Stimulation for letdown occurs in different ways. There are some cows which are bred to letdown without stimulation. Entry into the milking shed or the noise of milking machinery can also be the stimulant. Most house cows are stimulated by the washing of their udder and the receipt of 'nibbles'. When all else fails the calf can also be used. Most cows will keep a little aside for the calf anyway. We have one cow which lets us take about four litres and then dries up. Her udder changes shape from a fairly regular shaped organ to one which is fat at the top and saggy at the bottom. We let the calf have a five second suck on each teat and then take another (creamier) four litres. If no calf is available then massage of the udder can also work. Letdown is not instantaneous, taking fifteen to thirty seconds.

After milking allow the calf onto the cow straight away. The teat canal remains open for some time after milking and saliva has a cleansing effect, thus reducing the chances of infection. Do not leave the cows in dirty yards for the same reason. A good maxim is, of course, never to have dirty yards.

How often you milk, as long as you have a calf on the cow, is dependent on how much milk you want. We know people who milk once every four or five days and yet others who milk either every day or, like ourselves, two cows every second day. A regular timetable ensures a regular supply. You can increase the supply to a certain extent by milking more out more often and also by changing the feed.

Different feeds produce different milk. Green feed is not essential as good quality lucerne hay or silage will also produce quantities of creamy milk. Milk can be made creamier by the addition of some roughage to the diet. If however the roughage is milled to lengths of less than three centimetres or the pasture is young and succulent, milk fat levels will be lowered. When the calf's enthusiasm to finish what you've started has abated, turn them both out onto your pasture again. You'll know you're a success when the udder that came immense into the yard goes back out limp like an empty string bag.

For more valuable advice about dairy cows see the following back issues of GR:

GR 81: *Our House Cow, Knowing When a Cow Will Calve, Problems of a House Cow.*

GR 85: *Save Money with a House Cow.*

GR 86: *Which Milk Cow Do You Prefer?*

REMOVING STAR POSTS

by V E Van Niel, Bunbury, WA.

While engaged on a gas pipeline project my friend and I built a heavy duty star post puller. It worked well and I thought it may be of interest to other readers.

STAR POST PULLER

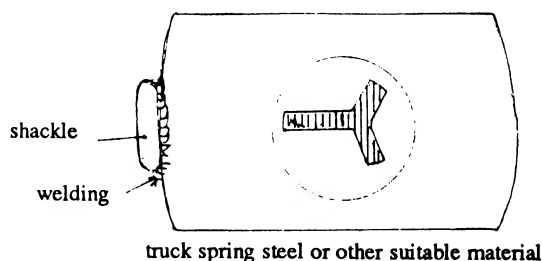
Description

A piece of truck spring leaf had a round hole cut in it large enough to fit over a star picket with some clearance so it can clear a slightly spread head. This was connected by a stout piece of chain, 5-8 shackles, to a Valiant torsion bar. This is also spring steel. The torsion bar had several daubs of weld material deposited with the electric welder to act as fulcrum and prevent slipping on the pedestal while pulling the star picket. Selecting varying pivots gives more power and speeds up the process.

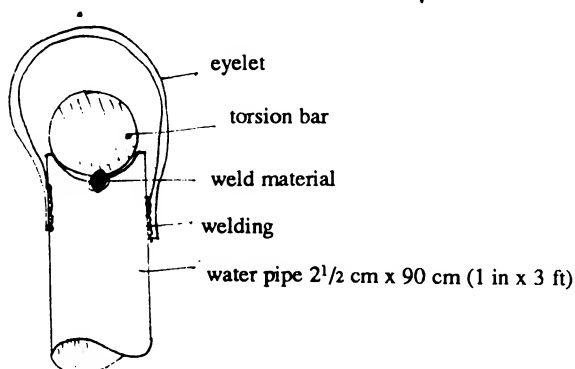
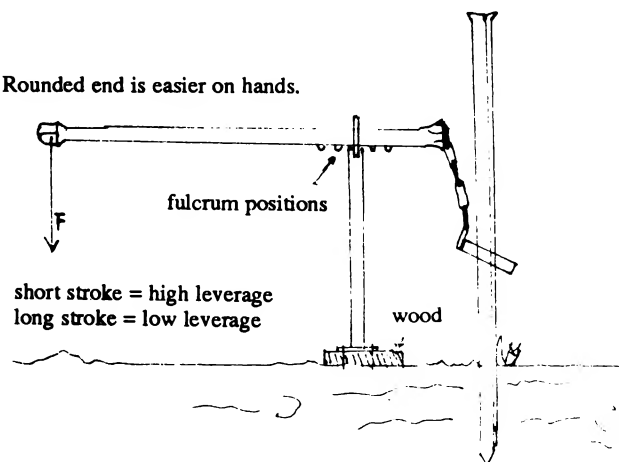
A piece of 2½ cm (1 in) x 90 cm (3 ft) water pipe is welded to a piece of flat plate and this is bolted to a larger piece of wood, 15 x 30 cm (6 x 12 in) to spread the load. The top of the pipe is ground concave to accommodate the torsion bar. An omega shaped loop of steel strap is welded to the top to stop the bar from falling off.

Operation

Slip the spring steel bit over the star picket. Slip the torsion bar through the eyelet of the water pipe support and select a position which allows enough downward force to be applied to lift the picket out of the ground. Several bites may be required. Refer to the drawing for further clarification.



Rounded end is easier on hands.



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a basket of homemade or homegrown goodies.

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Night Owl Publishers, PO Box 242, Euroa 3666.

MAKING BUTTER THE OLD-FASHIONED WAY

by Judy Clark, Laidley, NSW.

As we don't have electricity connected, everything we do has to be done by hand, so we usually scrounge around second-hand shops and haunt auctions for old handtools and equipment. My one gallon (4½ litre) Blow butter churn was purchased at an auction and the Scotch hands or butterpats were bought from a second-hand shop. We have an over-abundance of milk from our cow and I was loathe to give the excess to the chooks, so started to make butter. Now the chooks and dog get skim milk instead, which is better for them anyway. Like most new projects we tackle, we usually read as much as possible on the subject, which I did on butter making, I also had the benefit of the very good advice of an old farming friend who has been making butter for years. Then trial and error took over, as most people these days use electric mixers to make their butter.

I usually start by settling the cream in billies in the fridge or in a large boiler overnight in a pan of cold water, then I skim the cream off in the morning. I have found that if the cream is left out of the fridge for the chill to go off it, then it doesn't take so long to churn as does cream straight from the fridge. A litre of cream makes 250 grams of butter and sometimes I use the skim milk for puddings and cottage cheese.

To use a butter churn a lot of patience is needed as it is a slow job, but the end result is worth it. So just place your cream in the churn and start winding the handle. After you've been churning for a while you will notice that the cream has doubled in volume and when you get to the whipped cream stage the turning seems smoother. If you watch the glass jar you will notice the change in texture of the cream from just a coating as the cream is thrown against the sides to a mottley look as the fat and buttermilk start to separate. This texture will increase in thickness and you will see the thicker pieces sliding down the inside of the jar. If you stop churning and tilt the jar, the cream will start to look like runny scrambled egg and will also be changing in colour from cream to yellow. The shade of yellow depends on the percentage of butterfat in your cream. Further churning will change the texture again and you will

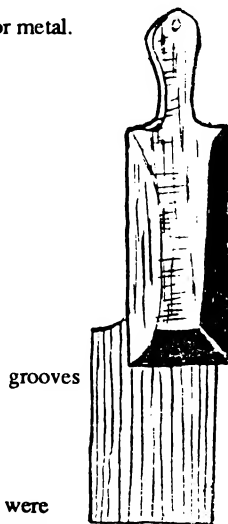
'Blow' Butter Churn

The paddles were made in either wood or metal.



Butterpats or Scotch Hands

These were held one in each hand and were used to divide and shape the butter into square or rectangular blocks and to rid the butter of excess water, hence the pat and slap of the hands against the butter was a commonly heard sound in the dairy.



find as you churn that the thicker cream will be washing down the sides of the churn quite easily and the glass will be much clearer. The butter has finally 'come' and what is washing down the inside of the churn is your buttermilk.

At this stage I keep churning to consolidate all the butter particles and as you turn slowly there is a resistance on the handle because your butter should be in a lump around the beater. If the cream is too warm it won't lump, but will be spread out inside the jar. Don't give up churning if you think it is taking too long. Your butter will 'come' eventually. Sometimes it's taken me an hour, other times half an hour. It all depends on how cold your cream is. Undo your churn and strain off the buttermilk which can be used as a drink or put into scones or cakes. It is supposed to be very healthy.

Now comes the next step, the washing of the butter to expel all milk from it, otherwise your butter will go rancid. Then the water has to be squeezed out for the same reason. The utensils I use are a large bowl for washing the butter in, a bucket to take the water and a pair of Scotch hands to work the butter with. If you don't have Scotch hands, don't worry, my farmer friend uses her own hands to wash and squeeze the butter.

Because we are on tank water I can't keep the tap running to wash the butter, so what I do is this: I put the butter into the bowl, run some water into it (about half-full, the butter doesn't have to be submerged) and start squeezing the butter between the pats, form it into a ball and squeeze it again, either between the pats or against the sides of the bowl. Keep changing the water and repeating the squeezing process until the water stays clear. Hopefully you will have all the milk washed out of your butter. The cold water will also help to stiffen your butter, which makes it easier to work. If you don't have pats, just use your own clean hands and use the same method as above. The water each time is tipped out of the bowl and into the bucket for tipping onto the garden. Be careful you don't drop the butter into the bucket as well.

The next step is to squeeze the water out of the butter. If you look at your drained butter you will see it glistening with water. It must be dry to stay fresh. Have your butterdish ready to put your butter into and take a small amount of butter out of the bowl with your pats (about the size of a golf ball) and squeeze the butter between them. The pats should have vertical grooves cut into the surface on one side. This allows the water to run

down and off the end of the pat.

The next thing I do is to gather the butter onto the middle of the pat as the squeezing will flatten out the butter and it will flop over the edges of the pat. Take a pat and use it to smack the butter with on top of the other pat, so the butter is being patted between the two pats, all the time holding the pats over your bowl and pointing down for the water to drip off. You will notice water spraying off the butter as you pat it. This will also flatten the butter out, so you will have to keep rearranging the butter onto the bottom pat. Keep doing this and squeezing the butter alternately until all the water is squeezed and patted out. A good rhythm can be worked up at this stage and is the part I like best. Once this is done you can form a nice little square of butter on your pat and then with the pat push it off onto your butterdish. A pattern can be made on your butter at this stage with the pats, as they are grooved they leave nice impressions on the butter. Don't expect copious amounts of water to be squeezed out of your butter, it will only drop out by droplets as most is thrown out by the patting method. Hence it's a good idea to do all this over the kitchen sink otherwise you'll spray everything with milky water.

If you don't have the butterpats or Scotch hands, use your own hands to squeeze out the water and throw the ball of butter from one hand to the other until it is dry. You will see it become dry and it will stick to the pats more readily than when wet. Keep going on the above method until all the butter is patted dry. Then bake the most delicious cakes ever, that keep twice as long as if baked with margarine. As with any handtools, expect the job to take a little longer than with electric powered equipment, which can be a bit exasperating at times, but is well worth the effort when the end result is so yummy! If you have ever heard of the term a 'pat of butter', now you know where it came from!

Cleanliness is another factor in butter making as milk products pick up bacteria very easily. I usually scald all my utensils, especially the wooden ones, as the wood is porous and will hold bacteria if not cared for properly. Dry all wooden tools either in the sun or on the stovetop (not the hotplate but the plate rack or splashback top) before putting away, they must be dry.

Some books say your cream must be ripe before churning and at the right temperature, about 68°F, so it will 'come' quicker, but sour cream is one thing I can't come at, and would think it would also taint the butter, so prefer to soldier on and take that little bit longer with fresher cream. I don't salt my butter so don't know when it should be added if you like salted butter. I tried adding some one day during the churning process and the butter took much longer to churn and was a complete failure, so I've never added salt again. Salt was used as a preservative, but mine doesn't last long enough in this house to worry about that. Hope yours is the same. May your butter making be as rewarding to you as mine is to me.

Articles on butter making or butterchurns appeared in *The Early Years* and GRs 2, 3, 24, 25, 28 54 and 59.

DETECTING BAD EGGS

A bad egg is all too unmistakable and is nearly always due to a crack in the shell (sometimes almost invisible). Prudent cooks examine egg shells and then break eggs individually into a cup before adding them to anything else.

PENPALS

Hi! My name is Clancy Buchanan. I am an 18 going on 19 year old female. I am 166 cm tall, have fair skin, blue eyes and black hair. I would love to receive letters from penpals of any age and any sex. I enjoy outdoor and indoor activities, reading and listening to any kind of music. Would like photos with letters if possible.

1 Ash St, Forrest Beach, ALLINGHAM 4850.

Hello, my name is Peter Garan and I'm 35 years of age. My interests include arts, country living, movies, exchanging ideas, city life etc. I do like to write and receive letters and hope to widen my world by corresponding with other GR readers.

C/- PO, BAIRNSDALE 3875.

Hi, my name is Jules and I'm in desperate need of a devoted letter writer. I'm living on a remote Aboriginal community 60 kms south of the SA/NT border. Amata is nestled in amongst the Musgrave Ranges. For the Red Centre this area is incredibly lush and magnificent. Fortunately the area is not open to tourists, to visit this area a special permit is required. I do love this place and the Anangu but I fail to find enough mental stimulation and the highlight of my week is on Tuesdays and Thursdays when the mail flies in. My interests include numerology, tarot and astrology. I'm studying astrology at the moment by correspondence and would love information about the lost zodiac sign, the Arachne.

Jules Kemenyvary, Amata Community, PMB, Via ALICE SPRINGS 0871.

Hi! My name is Daisy Upston. I am 8 years old and we have lots of animals. I would like a penpal aged 8-10 years old. My hobbies are cooking, knitting, sewing, writing, and drawing, I do home schooling.

C/- PO Box 242, EUROA 3666.

Hi! I am looking for a penpal. My name is Joseph Upston and I am 10 years old! My hobbies are riding my bike and playing the electric guitar. We have heaps of pets. I like the *Lord of The Rings* and *The Hobbit* and I do home schooling.

C/- PO Box 242, EUROA 3666.

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For further information please contact:

The School Council President, Mr Glen Mitchell on 057-295-564 or the Head Teacher on 057-273-282, or write to School Council, RMB 1155, Milawa 3678, Victoria.

THE WEEKENDER

by Barbara Hemmings, Wolvi, Qld.

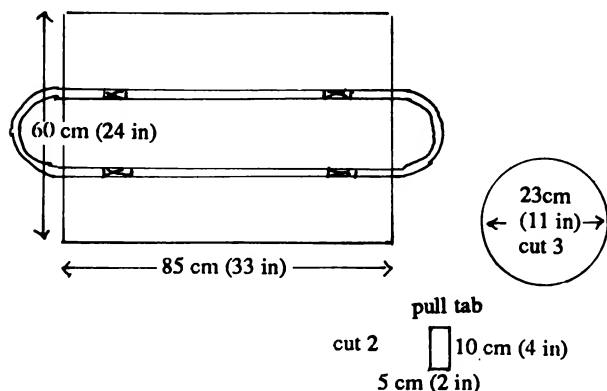
When you need a bag to stuff a few changes of clothes in for a weekend away, this duffle bag will be most accommodating. Made in durable canvas it has a carrying strap long enough so the bag can be slipped onto your shoulder leaving hands free.

CARRY BAG INSTRUCTIONS

Materials

85 x 87 cm (33 x 34 in) heavy calico, lightweight canvas or denim
60 cm & 22 cm (24 & 9 in) zipper
250 cm (8 ft) braid or webbing
paper for pattern

Pattern



Method

Make paper pattern from diagram. Cut out one main bag piece and three circles (just bigger than a dinner plate). Run a line of zigzag right around the rectangle and circles to prevent fraying. Sew braid onto large rectangle between reinforced squares (as marked on diagram). Take long zipper and sew onto short sides of rectangle.

Lay short zipper face down on one circle, approximately 6 cm (2 1/4 in) from top. Run line of stitching down the top edge, trim excess canvas away from zipper. Zigzag edge. Lay this circle onto second one right sides up. Fold zipper under and pin in position. Sew zipper to second circle so circumferences match.

Prepare the pull tabs. Fold raw edges inside (lengthwise), run line of stitching down each tab. Fold them in half, pin to either end of long zipper on right side with ends level. Turn bag cylinder inside out. Take a circle and mark north, south, east and west positions. Similarly, on the main bag, mark top, bottom and midpoints between zipper and base. Match these points, pin circle onto end of bag. Pin from circle side, easing circle to fit.

Carefully stitch around circle going steadily over ends of zipper. Work reinforcing here. Sew second circle in this fashion. Turn the bag right side out through the zipper and you are ready for a weekend away.

Reprinted with permission from *Leisure Crafts*, by Barbara Hemmings, published by Boolarong Publications. Features 56 simple craft projects for the home and family. Copies can be obtained from the author at 2 Vines Rd, Wolvi 4570, for \$9.95 posted.



Your weekender packed and ready to go.

COLD COMFORT

Beat an egg for fifteen minutes with 600 ml of milk and 600 ml of water, sweeten with granulated sugar, bring to boiling point and when cold use as a drink. It is excellent for a cold.

CRYPTIC GRASSWORD

Continued from page 46.

R	E	C	O	R	D	+	S	T	A	B	L	E
A	+	O	+	+	R	A	P	+	+	R	+	L
D	O	O	R	+	A	+	I	+	N	I	L	E
I	+	P	E	R	M	I	T	T	E	D	+	V
U	S	E	S	+	A	C	E	+	G	A	M	E
S	T	R	I	P	+	E	+	T	A	L	O	N
+	E	+	D	O	O	R	M	A	T	+	R	+
S	A	T	E	D	+	I	+	P	I	L	O	T
C	L	A	N	+	A	N	D	+	V	A	N	E
H	+	S	T	O	C	K	A	D	E	S	+	E
O	A	T	S	+	O	+	W	+	S	H	O	T
O	+	E	+	+	R	A	N	+	+	E	+	H
L	E	S	S	O	N	+	S	L	E	D	G	E



Down home on the farm...

by David Miller.



In Victoria, winter blows itself out in September and the first signs of spring herald the start of the growing season. It is also Royal Melbourne Show month and we stalwarts who prepare stock for exhibition each year do so in the full blast of late winter. There's a certain cheek in successfully challenging the elements that makes us feel part of a special group and gives us the confidence to go the next 12 months in fine spirit.

So last Wednesday we found ourselves tootling off to a Melbourne Show promotion with two full grown turkeys in a large box in the back of the car. All went well until we let the birds loose with the other animals to give the press a sample of the activities planned for the coming fortnight. Sid, the boss of the farmyard, immediately saw the need to put the dogs in order and took every opportunity to confront them directly, despite our efforts to ward him off. Once he walked into a circle of dogs on leashes, stood on tiptoe, gobbled loudly, flapped his wings widely, and frightened the dogs so much they tried to wrap their leashes around their owners' ankles. This caused much amusement among the cattle people present with their parade stock. Despite these minor skirmishes the turkeys paraded between the bulls and the llama like professionals and delighted everyone. We then fed and watered them and popped them back into their box for the trip home – a very simple and enjoyable exercise.

Actually the day was delightful because we had the opportunity to meet people we had not seen since the last show. These included friends who are breeders of Highland cattle. They had brought along a handsome Highland bull originally from our breeding programme which was on display and entered for judging later on.

Megg's first entries in a Melbourne Royal were her turkeys. At that time there was only one other turkey entered, but since then there have been up to 30 for judging. Megg's idea has always been to preserve the old breeds of poultry and to increase their popularity by displaying them whenever possible. In the process we have made many new friends and a visit to a show has now become more of a social event than a rush to get stock spic and span for the judge.

Showing livestock can be a useful way for new settlers to forge understanding and acceptance in the local community. It is often impossible for established country people to understand newcomers who seem to enjoy living in a style they have worked to get away from all their lives. But discussion starts easily when people are working at something in common whether it be animal, vegetable or just straining up the old fence.

It is these opportunities for communication that enable others to understand a different lifestyle and appreciate values that they may even hold themselves but be expressing in a different way. It also initiates contacts for mutual co-operation and can even lead to future employment.

At home, Megg has decided to reduce the workload by selling more egg settings rather than hatch eggs as she has done in the past. But some of the stock are so keen they don't even let her

collect the eggs before they go broody. One turkey has set up her nest on the shed roof, using some strips of bark in an effort to create a home for her family. This has been to no avail as every time she stretches her wings the eggs roll down the roof and over the side onto anyone standing underneath.

The cattle are doing well and have come through winter in excellent condition. Our first Salers calves are being born as I write so I will have to go out in the rain and check the calving cows shortly. Even though the calves are small and narrow and never seem to give the mothers any trouble, I like to keep a lookout just in case. While checking the stock recently I was caught in the week's major cloudburst. The fierce wind blew the rain almost horizontal, I couldn't see where to go, and by the time I had decided to move I was soaked, so there was hardly any point.

The last real downpour was months ago before the road was improved. I tried to drive home with the trailer late one night. The heavy rain had turned the road into a quagmire and the vehicle stopped with all wheels spinning furiously in the mud in the middle of the road on a bright moonlit night. I slowly trudged down to the farm gate, my boots getting muddier and heavier, and started the tractor to pull the car and trailer to the rocky section of the road. I had never been bogged in the middle of a road before and felt very strange towing an empty car and trailer in the silent, eerie moonlight.

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Use the form provided at the end of the Grassified section, or a separate sheet of paper, to print your advertisement clearly, not in block capitals, including correct punctuation. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 40 cents per word (all types of property) or 30 cents per word (all other classifications) to work out the total cost of your advertisement. Send your advertisement and payment to Grassifieds, PO Box 242, Euroa 3666 before the advertised deadline and we'll include your advertisement in the next issue of Grass Roots.

PROPERTY FOR SALE

NEW SOUTH WALES

TABULAM SOUTH, 350 ACRES, private access to sealed rd, 5 dams, crk to bndry, well fenced. Three dwellings, 2 with solar power, ph & septic. Abundant wildlife, ideal tenants in common. \$165,000. Ph: 066-663-611.

RIVERINA. Second income, 3 b/r fibro house on lge block. Renovated throughout. Establishing cottage garden & herb nursery. Work avail in area. \$90,000 incl Holden ute. Ph: 069-627-054 AH.

CENTRAL COAST, brand new 3 b/r pole home adjoining national park. Glass walls frame magnificent ocean views. Minutes to Woy Woy station & Umina Beach. Beautiful exposed timber rafters and beams, polished floors. Secluded bushland setting among lge natural rock formations. \$169,000. Ph: owner 02-993-458.

OWN YOUR OWN NATIONAL PARK in the Towamba Hills near Eden on the NSW/Vic border, approx 1/2 hr from coast, 2 hrs Snowy Mtns, 13 ac, 20 ac, 120 ac, all unspoiled bush on pretty crk. Remote, private, but easy access. From \$18,000. Ph: 047-824-856, 047-841-020.

ELANDS VILLAGE, 25 min, Wingham NSW, 3 ac, panoramic views, building approval. Good house sites, dam sites, across rd from school, shop, PO, bus. Power/ph avail. One hour to beach. \$38,000. Mark Redmond. Ph: 065-505-170.

MURWILLUMBAH, HALF HOUR, 10 min Tyalgum, 6 ac close to 3 nat pk, perm spring-fed crk. Few ac clean pasture, lge orchard & house gardens, 1 ac productive crop area irrigated. New 2 b/r plus attic cedar home with verandahs, own power. Very attractive property. \$140,000 ONO. Ph: 066-793-507.

COBARGO, SOUTH COAST NSW, 50 ac bush, 1/2 share 100 ac, can be subdivided, 2 ac cleared. Mud brick dwelling 11 x 4 metre, solar, generator, water pump, 2 dams, 5000 gal r/water/tank, pole frame & roof up, for 112' m octagon house, f/trees. \$80,000. Ph: 044-737-359.

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MACLEAY VALLEY, 1/4 share 200 ac (not a community), near Taylors Arm, inland from Macksville & Kempsey. Mainly forest. Small cabin, 2 crks, elec, ph, good sealed access. Private & tranquil. Close to all amenities & schools. Views of valley & ranges. \$29,500 ONO. Ph: Ed or Patricia. 02-428-2882.

MID NORTH COAST AREA NSW, 50 km from Coffs Harbour, 150 ac. Improvements: 240V solar-powered Settlers' Cottage (grid power avail). Spring water to cottage. Front border crk, semi-perm. One dam, 50 ac cleared, flat to undulating land. Timbered hills at back of property. This property is ideal for alternative lifestyle living. \$160,000. Ph: 066-492-281.

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RIVERINA VILLAGE, close Murrumbidgee River, one ac good soil. Well maintained 1940s style country home, 2 b/r, new gas stove, EHWS. Many shade trees, duck pen, aviaries. On other half 4 yo old cement brick workshop, c/port, brick chook house, lge fenced vegie garden, 50 roses, many old-timers, lge estab f/trees. Unlimited water, \$110 p.a. Shire rates, \$84 p.a. Price \$67,000. Ph: 069-936-136.

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NYMBOIDA NORTH NSW, 43.43 ha naturally timbered land, steep to undulating, semi-perm crk, lge log shed with 2 room workshop, house site, selectively cleared, 3 room log shack with attic, 2 dams, ph connection to shed & shack. School bus to local school. Friendly community. \$50,000 ONO. Ph: 059-890-437.

NORTHERN TABLELANDS, 105 ACRES. Crk, springs, gently sloping to a timbered hill. \$45,000. Ph owner 067-252-254.

NEW ENGLAND DISTRICT, 650 ACRES. One km crk frontage, flats rising to a lightly timbered plateau. Lge shed, yds. Power & ph avail. \$125,000. Ph: 067-252-254.

TAYLORS ARM - THUMB CRK. Nth NSW coast, 73 km inland, in lush valley 166.9 ha, part r/forest, bird life, running crk, numerous red cedars, f/nut/trees, vegies. Will carry 40 head cattle, accom 2 families, ph, elec, solar. Farm equip avail. Want to get away from it all for \$220,000? Ph: 065-642-110.

CENTRAL WEST, hobby farm, 4 b/r livable home, needs repairs, furnished, 16 ac fully fenced, 2 dams, town water, elec, septic, 1 mile to town, schools. \$45,000 ONO. Ph: 047-821-276, 02-456-3368.

DRAKE, 5 RURAL BLOCKS, 50-143 ac, open forest country with nth east aspects, water from crk & dams, excel building sites comprised of gentle slopes & gullies which fall away to the east with slightly steeper & more heavily timbered country. Priced from \$25,000. Ph: 067-376-665 or 067-376-616.

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STH COAST MERIMBULA/EDEN. Land 20-165 ac within Tantawangalo Forest. From \$44,000. On highway 91, 15 km E of Cathcart. Daily school bus to-from Bombala, 1 hr to skitube, 1 hr to Eden, 2 1/2 hr to Canberra. Power, ph, red/black basalt/granite, 45 in rainfall, 800 m above sea level, spring/streams, some old cleared dairyland, some heavy timber. Views Bega Valley, Pacific Ocean. Ideal for orchards/nursery (nashi, cherry etc), root crops. Ph: 064-956-962, 064-582-030.

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BARRINGTON TOPS/MT ROYAL, NSW, forest retreat, suit self-suff. Brick house (25 sq) on 50 ac. Huge kitchen & living areas, nth aspect. Ph, solar power, generator. S/c stove/hot water/central heating, & gas stove. Perm spring water with pump & concrete tanks. Rich volcanic soil, with f/trees, 3 dams, wildlife, trees & scenery. Adjacent to state forest. \$150,000. Ph: 043-424-263.

DORRIGO AREA, very private setting, 1 1/2 acre surrounded by 28 ac crown land. Rustic 2-3 b/r home, all mod cons yet rustic charm, perm water, granny flat, much more. \$95,000. Ph: 066-578-042.

NEW SOUTH WALES

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LEETON, 7 min town, rural area. Lge 4 b/r house, modern kitchen, office, huge pantry on 5 ac fully fenced block, 1/2 bush backing crown land. Beautiful views overlooking hills & valley, great neighbours, school bus. Estab permaculture garden, chicken house, new steel frame garage & garden shed. Plenty irrigation water, 7000 gal tank storage plus dam. Heart of MIA, seasonal work winter/summer. Some prof work, business opportunities in town. \$83,000. Ph: 069-556-307.

DORRIGO, do you love walking through r/forest or swimming under waterfalls? This is the block for you. Two km from schools, town. Power, ph, water, on block. Nth facing, sloping, 1 1/4 ac, 30 estab trees, tar rd, beautiful mtn views. \$36,000. Ph: Annie or Brett 066-545-392.

RURAL RETREAT, south of Sydney 2 1/2 hr. All the hard work is done - going concern as a small farm for over 50 yrs. Plenty of character. Partly cleared 40 ac in secluded state forest setting, yet only 15 min to shops, school, lakes, fishing, ocean. Good 2WD access. Excel soil & aspect. Healthy, revitalising environment. Traditional older 3 b/r farmhouse, well estab shade trees, fences, yds, orchards, dams, stock, etc. Be self-suff in water, power, food, timber. Unique ecosystem suits organic/permaculture/biodynamic approach. \$240,000. Ph: 02-557-2624 weekdays or 044-412-042 weekends.

PICTURESQUE, natural, tall-timbered 710 ac. Abundant wildlife, 18 km from Narrabri, borders state forest, perm/water (bore, dam, crk). Approx 100 ac selectively cleared for house site & gardens. Fully fenced. Can be subdivided into 2 blocks. Reluctant sale. \$76,000. Ph: 067-923-225.

THIS IS IT. MAGICAL SECLUSION, beautiful New England property, 161 ac undulating, freehold. Plenty of water (cased bore, perm/spring-fed dam), 2 well fenced paddocks, beautiful views, total peace & quiet. Incl huge dilapidated 3 b/r house, needs extensive renovation or possible storage space, ph, elec connected, big quince tree at back door. Good soil, well grassed, supered, suit stock and/or crops. Plenty of native trees, sml pine forest in one corner. Close friendly rural village (shop, PO, school), 10 min Uralla, sml country town with thriving alternative lifestyle community, 25 min Armidale, major cultural commercial & educational city (Steiner, Montessori, private/state, TAFE, uni). Property has been in the family 30 yrs. Reluctant cash-strapped vendor. Must be sold. \$175,000 ONO. Ph: Pat 067-787-396.

STROUD - GLOUCESTER, 20 ac rich soil, perm/spring-fed crk, temporary living lge strong shed, c/van, all amenities, septic, HWS, much more. Bitumen bus route. \$97,500 ONO. Ph: 049-947-014 on site.

GRASSIFIEDS

**DEADLINES: GR 94 - OCTOBER 23RD
GR 95 - DECEMBER 18TH**

NTH NSW, lot 12, Bruxner Rd, Drake, 47 ha (114 ac). Perm crk, dam sites, ph cable to adjacent property. Some fences good condition. Part finance avail. \$30,000 ONO. Ph: 066-661-261 or 07-281-4592.

NIMBIN 6 km, comfortable 2-3 b/r house, 12V solar elec (converts to 240V), generator, gas stove/fridge, HWS, walk-in pantry, ph, plenty water, f/trees, vegies, insulated studio/garage 6 x 8 m, multiple occupancy, private 2 ac adjacent nat pk, company title. \$80,000. Ph: 066-895-035.

DARLING RIVER FRONTAGE in western NSW. Approx 5 ac extensively planted with indigenous trees. Elevated timber house, exposed beams, timber linings. Living/dining, family room, 3 b/r (ensuite to master), extensive decks, solar HW, potbelly stove, ducted air conditioning. Elec, ph, town water, r/water/tanks, swimming pool, double carport, garage & workshop, shade house, orchard, 3 sheds, out of town. \$80,000 ONO. Ph: 080-915-074.

UPPER CLARENCE AREA, NTH NSW, 220 ac, 1.5 km river frontage, 2 spring-fed dams plus crk. Power & ph connected, cottage (7 yo), sml orchard, cattle yd, one cow dairy. Carries 70 cattle. Picturesque valley, 45 km to nearest town, 36 in rainfall. \$130,000. Ph: 076-861-202.

UPPER CLARENCE, 560 ac freehold, 2 1/2 km river frontage, country undulating from river flats to hills. Power & ph avail. Nice secluded valley, unimproved, no fertilisers been used, good soil, runs 110 cows as is. Two spring-fed dams, sml areas suit cultivation. \$115,000. Ph: 076-861-202.

GROWERS' PARADISE, 100 fertile subtropical secluded ac nth NSW. Open plan mud brick/timber house, lge verandahs/decking. Ph, total solar, 200W inverter, 12 panels, solar/combustion/HWS/gas/stove/fridge, OFP, 600 gal tanks, lge slab shed, suitable multiple occupancy, all fenced, heaps other good home sites. Dam, streams, heavy eucalypt r/forest, abundant wildlife, 18 km Kyogle, close Nimbin/Lismore. \$115,000. 'Foxs', Box 1133, Burleigh Heads 4220. Leave message I'll ring back Sundays PM. Ph: 075-707-536.

SECLUDED 123 ACRES, mtn country, 30 min Wingham, 6 km to local village, gen store, PO, primary school, 3 km forestry maintained gravel rd, one km own 2WD private access rd, habitable shed, solar power (240V avail), 3KVA generator, gas stove/fridge/HW, inside toilet, hot drum fire, ph, 2 sml crks, perm water, 3 dams. Approx 8 ac cleared, brush soil, balance forest with r/forest gullies, abundant wildlife, NE aspect, estab garden, f/trees, some fencing, rates \$270 yr, 23 ac subdivision approval. \$89,000. Ph: 065-506-461 after 6.30 PM.

BILLEN CLIFFS COMMUNITY, new 3 level house, solar power, dam, 2 ac plus commons. \$78,000. Ph: 066-337-101.

WINGEN, PEACEFUL RETREAT, 18 km nth Scone, 10 yo 3 b/r hardiplank on lge block, crk frontage plus tank water, estab native garden, f/trees. \$95,000. Further info. Ph: 065-450-287 AH.

TWEED VALLEY, NTH COAST NSW. Mt Warning dominates the breathtaking views from this 25 ac hilltop plot in the well estab Byrrill Creek Hamlet. Tall timber, grass trees, wildlife & 200° views, from the awe-inspiring Mt Warning to the nth, the Tweed coast to the east & rolling hills beyond the Doon Doon Dam towards Nimbin to the south. The hamlet is bordered by Byrrill Creek which has pristine swimming holes & all weather access. Company title, approved by council for building. \$38,000 ONO. Ph: 047-512-645.

QUEENSLAND

COOKTOWN, 3 B/R masonry brick house on 1 ac, interiors plastered, exposed beams. Screened bath, shower, ph, school bus, bore, abundant water, bush setting, fruit trees, flood-free, crk & river fishing, 150 yds to sealed rd. \$95,000. Ph: 079-548-394.

GYMPIE, HOUSE AND 17 ACRES, f/hold. Will accept acreage to 1/2 value as deposit. Any area Qld considered. Ph: 074-824-687.

14 KM WEST OF GYMPIE, 30 ac fenced, cleared, some trees, dam, yards, elec, ph, school bus, small crops. Fruit growing area, good climate, 1 hr to cst, great views. \$52,000 or exchange Tas, stone house, small acreage Deloraine/Fingal/Cressy area. Ph: 074-849-145. Also adjoining 10 ac, 2 dams, sheds, lovely spacious, 3 b/r renovated Queenslander. \$123,000.

25 MINUTES FROM BRISBANE, 5 ac. Organic mulch garden & orchard estab over 16 yrs, no poison sprays for 30 years. Subtropical, no frost, tick-free area. Close to Bay. Pawpaws, passionfruit, bananas, 30 exotic & ordinary fruit trees (22 varieties), native trees & pastures. Sheds & orchard, chook run. Town water (bore water avail). Good solid farmhouse with 4 b/r + small spare room, lge kitchen, s/c stove with hot water system. Walk to shop, PO & primary school, bus to high school, 10 min to train & supermarket. High location, good views. \$220,000. Ph: 07-390-4260.

FREEHOLD TROPICAL ISLAND, central Qld coast. This isolated island is 659 ac of forest, sand, inlets, crks & several kms of untouched beach. Terrain ranges from beach & salt flats to timber-covered hills with a wide variety of tropical vegetation & wildlife. Ideal as an environmental retreat. Asking \$600,000. Generous vendor terms avail. Further info ph Kim Jaques 03-787-7561 or 018-317-428.

GYMPIE, QUEENSLAND, 80 ac, 14 km from town, secluded bush block adjoining state forest, all weather access, perm crk runs through nthn boundary, some fencing, fertile sandy loam soil, undulating block surrounded by picturesque countryside. Close proximity to Noosa, Nambour etc. Perfect for self-suff lifestyle. Reluctant seller. \$65,000. Ph owner 089-271-451.

PROPERTY FOR SALE

QUEENSLAND

'TIMBER COTTAGE', 30 ac bush, yards, dam, rural setting. Value at \$14,000. Ph: 071-516-647.

NORTH QUEENSLAND, Forrest Beach, 130 km nth Townsville. Masonry block, 4 b/r, studio, workshop, office, 3 bay garage, 2 1/2 ac of lawns, gardens, exotic fruit trees, + 130 mango trees. Fully irrigated. Easy 10 min walk through melaleuca forest to beach. \$220,000. Ph: 077-778-048.

SOUTH EAST QUEENSLAND, 30 ac with 3 b/r flitches log cabin. Water from crk & 2 spring-fed dams. Cattle/horse yards, chook pens, vegie garden, fruit trees etc. School bus & mail to front gate. Close town & coast. Beautiful setting. \$90,000. Consider long term rental. Ph: 074-867-224.

COOTHARABA, 10 ACRES, 15 min drive to Noosa, 5 min drive to Lake Cootharaba. Lge steel shed, new tank, running crk with r/forest, natural bushland. Driveway almost to end of property. \$110,000. Ph: 07-824-5922 or 07-286-2135.

MY HUSBAND AND I are having to leave a beautiful block of land situated 1 hr travel from Brisbane's city heart. It is 73 ac of lush r/forest on the Pine River Valley side of the mtn range that surrounds Brisbane. The area is called Ocean View/Mt Mee. Ph, power & water supply have all been estab & we have made a lge shed (approx 9x13 m) livable. The shed also boasts a lge cast iron wood stove. The block has magnif panoramic views of the valley & the city itself, perfect for those who are searching for a mtn retreat. The block is 15 min from township of Dayboro & 25 min from a major shopping centre. We are anxious to sell & all reasonable offers would be welcome. Please contact us on 07-278-1338. Debra & Christian Larsen, 8/95 Strickland Tce, GRACEVILLE 4075.

ORGANIC ORCHARD close to Paluma Mtns & r/forest, 8 ac s/lease, fully fenced, selectively cleared, livable solar powered shed, kero fridge, ph. Fowl house, tool shed, 2 wells, pump, windmill w/tanks. Walking distance school, store, PO. \$35,000. Tractor, slasher, etc opt extras, \$2500. Ph: 077-833-573 or 077-708-169.

PRIVATE & SECLUDED mtn home in high granite country b/w Townsville & Ingham. Designed & built by present owners for low impact & low operating costs. Stone & timber home, shadehouse, carport, workshed, water supply & reticulation system, solar & generator power, ph, furniture & TV aerial set up for Cairn's stations. Surrounding country is unspoilt, natural, granite mtn country with many beautiful crks & original vegetation. A perfect spot for quiet & secluded living or holiday home. Ph: David Lahey 077-788-381. 50 KM NORTH EAST KINGAROY, 40 ac with weekender, solar panel, 3000 gal r/water tanks, fully timbered, huge dam. School bus at gate. Wood stove, s/c heater. Lived in for 2 yrs. Approved mud brick plans avail. Elec avail. \$45,000. Ph: 077-788-372.

GRASSIFIEDS

TARA WEST, DARLING DOWNS, 16 ha, bush block, 25 km town. School bus nearby. Elec & ph avail. \$12,000 ONO. Ph: 071-578-139.

INLAND RETREAT, 1130 ACRES f/hold, 30 km nth of St George, sealed Carvarvon H/way, mail service, school bus. Picturesque sandstone cliff frontage, vast expanse perm water, Lake Kajarabie, Balonne River, 30ML irrigation licence, potential water storage, stock watering access dam. Formed rd/river to h/way. 700 arable acres. Red soil forest. \$150,000 ONO. Gunn Family, 'Thungaby', ST GEORGE 4487. Ph: 076-253-106.

GLENWOOD, NORTH GYMPIE, 2 ac cleared land, some small trees, quiet peaceful bushland area, 10 min drive to Bruce Hwy & shops. One hr drive to beautiful beaches, 20 min drive to Gympie. School bus, pubs, farms, wildlife, restaurant, much more. \$12,000. Ph: 07-824-5922.

SUNSHINE COAST HINTERLAND, lovely highest Queenslander, verandah, fully restored, set on 2 1/2 private acres, estab gardens, organic vegie garden & orchard, fabulous valley & mtn views, excel quality water from bore. Power, septic, ph, chook house, lock-up garage. \$116,000. Ph: 074-460-386.

ROCKHAMPTON-MT MORGAN, 5+ ac with power & fresh water well (300 gal drinking water per day). Fenced. Seasonal crk & r/forest, abundant wildlife. 109 organically grown macadamias, pecans, citrus etc. (most bearing). Grassed & mown. Room for house & more crops. Quiet secluded area, great climate. Seven min Mt Morgan, 40 min Rockhampton & university, 80 min Reef resorts. Commuter & school buses. \$43,000 ONO. Ph: 079-382-162.

KINGAROY 50 KM, WONDAI 30 KM, 40 ac total seclusion with 30x20 ft shed/camp set-up to live in. Crk, hills, flats, plenty wildlife. \$28,000 ONO. Ph: 099-214-738.

KURANDA, NORTH QUEENSLAND. Very private 3.25 ac, beautiful mtn r/forest, near Barron River, 10 min from village. Small comfortable dwelling, power, ph, good bore. Nature/bird lover's paradise. Cool tropical climate. 45 min from Cairns PO. \$98,000. Ph: 070-938-719.

PLACING AN AD?
See page 69 for details.

TASMANIA

EAST COAST, 6 1/2 ACRES, bush block. Perm crk, good soil, approx 4 km from surf beach. Power & ph avail. \$20,000. Ph: Deborah Madden 003-393-058.

MANGIFICENT RURAL PROPERTIES within commuting distance of Devonport on Cradle Mt Rd. Blocks ranging in size from 20-80 ac, some with houses. Forest & pasture combinations. Good rd access, fencing, power, water, ph & school bus avail. Ph: 004-921-364 or 004-921-458. All enq answered.

HOME BUILDERS & RETIREES. Beautiful forested 11 ac alongside the crystal clear Groome River near St Helens. Own access rd from Tasman Hwy. \$35,000. Ph: 002-347-011 BH.

PARADISE FOR SALE, ST MARYS, east cst, 15 ac on 2 titles if needed. R/forest valley facing east, ocean views, small portion cleared, 2 perm crks, ancient blackwood & manferns, no power but enough water for own hydro scheme. Very warm & protected, fantastic for growing just about everything. Wants environmentally conscious caretakers. \$39,000. Ph: 003-722-578, 003-722-597.

NORTH WEST COAST, 31 ac, private, beautiful forest, blackwoods, treeferns, perm crk, volcanic soil, 3 ac, mature orchard, self-suff garden, sheds, tanks, cottage, 10 min from town. \$60,000. Write: N. Jansen; FOREST TAS 7330. Ph: 002-280-808.

JACKEYS MARSH, 50 ACRES, part bush, part cleared. Secluded valley, breathtaking mtn scenery, unlimited crystal clear air & water. Features solar powered 4 b/r home with all amenities + s/c cabin, barn, outbuildings, estab gardens, fruit trees, all fencing. \$98,000. Ph: 003-319-351.

EAST COAST, Upper 4 Mile Creek, Mt Elephant. Original homestead block of 25 organic ac, N/NE aspect, maritime climate, sea view. Shearing shed, hothouse, converted 20x30 ft barn with mezzanine. Fully equipped. Gravity-fed water, 2 crks, 6 dams, 4 paddocks. Good well drained soil, estab gardens. Cypress & Norfolk pine. Many trees planted. Ideal nursery, horticulture, vegies, permaculture, horses, fish. Track to beaches. Seeking genuine buyer, with similar interests. Five km St Mary's School, hospital. \$63,000. Ph: 003-725-419 or B. Keath, C/- PO, SCAMANDER 7215.

SOUTHERN TASMANIA. Fully renovated 2 storey, 3 b/r home, 40+ ac, part bush/pasture, perm crk/dam, town water, school bus passes gate. Granny cottage, sheds, hothouse. Fruit & nut trees, beautiful gardens. \$125,000. Ph: 002-396-502.

BEAUTIFUL HUON VALLEY, 1 hr to Hobart, 3 b/r farmhouse (Circa 1910) with sunny verandah, wood heater in lounge, on 1.2 ac. Sloping block, mthly aspect, good soil. Estab garden, small orchard, poultry shed, 6000 gal r/w/tanks, HEC power. On school bus route. Bush surrounds, views to river. \$63,000. Ph: 002-976-239.

LAKE GAIRDNER, 25 km to Cradle Mtn Nat Pk. New 2 storey alpine style house, 8x9 m (Tas oak, brick). Beautiful lake view. House plan & photos on request. 64 ac grassland, bush boundary on 2 sides. Boundaries, house & garden fenced. Newly planted nut trees, chestnuts, apples & natives. Gravity-fed drinking water from clean, perm bush crk. Tas oak workshop, carport 6x6 m & garden shed included. Also 4WD, flat tray Landrover, good cond. Two km very good rd to next shop & petrol station. \$120,000. Ph: 003-681-227.

**Make your editor smile –
Punctuate.**

Please print your ad clearly
so we can do likewise.

PROPERTY FOR SALE

VICTORIA

HAMILTON. Substantial b/v home on 6 undulating, fertile acres, former market garden. Comprises 3 b/r, lounge, dining, lge kitchen, 2 toilets. Set in estab gardens with 1/4 ac vegie plot, 30 tree orchard & duck pond. Includes stable, tackroom, workshop, garage, chook run, single-bail dairy. Walk to town. SEC & town water. Owners transferred. \$105,000. Ph: 055-711-072.

GIPPSLAND, MUD BRICK HOME on 10 ac adj state forest, 15 km nth of Briagolong. Magnif views to snow-capped Alpine Nat Pk & Avon wilderness. Solar power with 12 KVA diesel back-up. Gas fridge, freezer & stove + solid fuel stove & s/c heater. Also 4 room timber cottage, blacksmith's shop with forge etc. Horse yards, chook pen, hayshed, vegie gardens. Numerous water tanks & small sheds. \$125,000. Ph: 051-455-582.

CLUB TERRACE/COMBIENBAR, 5 ac cleared land bounded by Errinundra & Combiobar Rivers & Combiobar Rd. Set in r/forest. Short drive to Errinundra plateau. Suitable for log cabin or holiday home. \$16,000. Ph: 051-581-239.

JINDIVICK. Picturesque 40 ac organic farm with modern timber home, 1 hr Melb, 20 min Warragul. Cottage industry potential, gourmet deli tour. Perm crk, state forest. \$235,000. Ph: 03-822-2767.

BENALLA AREA, your bedroom in the sky. Unique 2 storey, 2 b/r home perched high on 63 ac of beautiful bush & grazing land with sweeping views, offers seclusion & opportunity for self-suff while remaining close to major centres. Includes ph, ample water & mains power. Love at first sight. Private sale \$125,000. Ph: 03-387-7451.

FARMLET, 10 ACRES GELANTIPY. Main rd, SEC & ph avail. Perm crk. \$25,000. Ph: 051-559-228.

AVOCA AREA, AMPHITHEATRE. Attractive mud brick & timber studio home. 2 storey on 5.66 ha, house 19 sq, verandahs 2 sides, downstairs 2 b/r, spacious living area, wood heater, kitchen, pantry, bathroom. Random slate floor on concrete slab. 22 ft pine ceiling on oregon beams, leadlight windows, mezzanine work/sewing area, children's sleeping area. Septic, 10,000 gal house water, SEC & gas lighting, 2 lge dams, estab native & organic vegie garden. Outbuildings, shed/workshop frame. Above ground pool. \$170,000 ONO includes equip. Ph: owners 054-662-218.

WESTERN AUSTRALIA

TOODYAY, 4 ACRES, Winter Creek, school bus, 1 hr Perth, 4 b/r, 2 bathrooms, energy efficient solar home, open plan living, vine covered patios, carport, lge shed with office/games room, 20,000 gal r/w/tanks, pressure pump on bore reticulating about 40 mixed organic fruit trees & vegie garden. \$145,000. Ph: 09-574-2343.

GRASSIFIEDS

DEADLINES: GR 94 - OCTOBER 23RD
GR 95 - DECEMBER 18TH

SOUTH AUSTRALIA

PALMER, 66 km east of Adelaide. Three b/r cypress clad t/f home on 1/2 ac of fertile land. Pleasant rural outlook, front & rear verandahs, r/w/tank, gas heater & ceiling fans. Well treed allotment, natives & fruit trees, lge organic vegie garden & grassed areas. Some sheds. \$50,000. Ph: 085-694-125.

PROPERTY WANTED

LARGER ACREAGE, Cooktown, Cape York Peninsula area. Timbered, perm crk, pref undulating to mountainous country. Must be freehold. Write P. Murphy, 43 O'Donnell St, OONOOBA 4811 or ph 077-782-852.

PRIVATE FINANCE TO \$30,000 for land nthn NSW-SE QLD, 10 ac minimum, shelter, water, access to schools. 10% deposit, 10% pa, \$100 pw. Write: V. Basham, 8A Tenth Ave, TOWNSVILLE 4810.

WE WOULD LIKE TO HEAR FROM land agents/owners b/w Cairns & Coffs harbour intending to sell land in the next few months. Minimum 15 ac, good soil, potential dam sites. Lin & Matt Foley, PO Box 862, DERBY 6728.

COMMUNITIES

COMMUNITY FOR NEW AGE meetings, courses, workshops etc to be established. Who would like to participate? Write to PO Box 2207, SHEPPARTON 3630.

BUOYANCY HOUSE is part of the Mt Murrindal Co-op, 22 km nth of Buchan in E Gippsland on a cleared ridge surrounded by forested hills. The light-filled house (150 sq m) is of brick veneer on a concrete slab, lge floor tiles throughout, living & kitchen areas with office have views nth, west & sth, service area comprises laundry, loos, & lge shelved storeroom, & in the east are 2 b/r & outside sanctuary. Across a breezeway to nth is an annexe (95 sq m) operating as a therapeutic suite, comprising float-tank room, sunny massage room, kitchen, 2 twin b/r, changing/shower room for outside hot tub. Green Colourbond roofs feed 90 kl tank supplying mains pressure water. Steel shed/garage (43 sq m), mains elec, gas &/or wood-fired boilers for central heating & hot tub. The buildings & the land immediately surrounding them are held with 1/6 share in the Co-op which has title to 50 ha & is registered as a Land Settlement Co-op with Corporate Affairs, Vic. Two other resident shareholder families have also built dwellings. The Co-op runs an organic vegie garden, chickens & orchards. The remaining land, partly forested, currently agists cattle, but is open to the initiative of residents with consultation. We put over \$210,000 into this venture since 1984/85 & have now become too frail to manage it effectively. Will sell for \$100,000 by share transfer. Ring Bridget or Christopher on 051-550-225.

THIORA VALLEY, NORTH COAST NSW.

One remaining share of magnif 55 ac valley property, council app for multiple occupancy. River frontage house site, mtn views. Property combination forest, tree plantations & pasture, sealed rd access. Central water supply, underground orchard irrigation, elec pump, made roads, mains elec, 1/2 km state school, tennis courts & community centre. 5 km Steiner School, 30 km Bellingen. Price \$60,000 includes share tractor & slasher, \$5000 council multiple occupancy contribution & small shed. Ph: 066-558-625.

SHARE IN 2 ACRES, multiple occupancy. Stone/wooden dwelling, near Nimbin. Access to elec. \$27,000. Also other shares for sale. PO Box 69, NIMBIN 2480. Ph: 066-891-125. 'Blue Springs'.

TABULAM NSW. Two Waters Farm Co-op. 1100 beautiful acres, high country on the Clarence River. Each owner has own title deed. All lots approx 100 ac. School bus at gate. Without doubt the most unspoilt land in NSW. \$38,000 to \$49,000 per lot. 50% finance avail on all lots. Send for details to PO Box H141, HARRIS PARK 2150 or ph 02-630-2487.

LILLIAN ROCK, NORTHERN NSW. Websters Creek Community, tenants in common. Beautiful land bordering the Night Cap Nat Pk, 1/2 way b/w Lismore & Murwillumbah. 3 ac, good mix of forest & cleared land, close to perm crk, small dam, 1 b/r cottage, gas, hydro-elec power avail. Bus to public & Steiner Schools, close to community facilities. \$35,000. For further info contact Louise 066-853-193.

BARGAIN, \$55,000, reduced by \$20,000. 560 ac Central Tablelands property near Bathurst, 2 1/2 hrs from Sydney. Adjoins extensive natural bushland & pine forests. Eleven other shareholders. Price includes share in community, 1 ha fenced house paddock with new cabin, dam & hothouse. Suit either weekender or perm living. Geared for self-suff. This is a rare & great opportunity. Owner has gone o/s. Ph: 063-595-380, 063-595-314.

MOORA MOORA COMMUNITY, Healesville. Shares are still available + houses for sale & opportunities to build on our 245 ha mtn top, 1 1/2 hrs from Melbourne. Write to: Denise Stevens, Membership, PO Box 214, HEALESVILLE 3777.

70 KM WEST OF MACKAY, 1/3 share in 63 ac. Main project fruit trees, good soil, fenced, crk, spring, adj nat pk, good rainfall, flat & undulating, part treed, view to permaculture/aquaculture. \$19,000. PO Box 68, FINCH HATTON 4756. Ph: 079-583-123.

KOOKABURRA PARK ECO-VILLAGE, 30 min from Bundaberg & beaches, 2.5 km from Gin Gin on the Bruce Hwy, 1 km from primary & secondary schools. A group title development designed by Eco-logical Solutions, 124 lots on 485 ac, all with power, ph & water. Commercial lot with community hall. Be part of this exciting project now selling from \$25,000-\$30,000. Write to Permaculture A, PO Box 713, BUNDABERG 4670. Ph: 071-531-303.

GRASSIFIEDS

COMMUNITIES

40 MIN SOUTH OF BALLINA ¹/₁₃ share in 800 ac, legal multiple occupancy. Beautiful all timber house surrounded by majestic eucalypt forest. Wildlife, privacy, orchard, water, 10x15 m workshed. Community tractor, tool shed, tennis court. \$95,000. Ph: 066-221-408 for photos & details.

CRYSTAL WATERS PERMACULTURE VILLAGE. One ac freehold land & house avail on this growing rural group title development. 500 ac of forested & arable land for sustainable uses. Contact Crystal Waters Community Co-op Ltd, M/S 16, MALENY 4552. Ph: 074-944-620.

FIVE ACRE SHARE IN multiple occupancy. Peaceful, private, beautiful aspect, approx ¹/₄ cleared, ideal building site, crk on boundary, friendly, stable community, 100 ac common land. Mins to Steiner School. \$24,000. 'Lillifield', nth NSW. Ph: 066-897-394 re 'Carla's share'.

ACTIVE PARTNERS WANTED to invest in tourist facilities, entertainment, education, arts, crafts, food production, SW Qld grazing/irrigation property. Extensive frontage Lake Kajarabie on Balonne (Condamine) River. Islands, wildlife, fish. Living area, relocatable timber homes built to order (optional). Ph: 076-253-106. Gunn Family, 'Thungaby', ST GEORGE 4487.

OBERON 73 KM, ¹/₄ SHARE, 360 ac, bush retreat, crk, wombats, adj nat pk, tenants in common. \$20,000. Ph: 063-372-500.

LILLIAN ROCK, 13 km Nimbin, ¹/₆ share, 9 ac, 2 km from Steiner School. All amenities, elec, ph, septic, dam, tank, fruit trees, bush setting, unique approved dwelling & carport. 066-897-339.

NTH COAST NSW, near Murwillumbah, 10 min to Tyalgum village. Council approved multiple occupancy, company title, 16 ac includes 2 timbered sth slopes, r/forest gully, cleared nth slope, approx 3 ac crk flat & magnif views Mt Warning. Small dwelling with double garage, gravity-fed water system, ph & many amenities included. Reluctant sale. \$43,000 ONO. Ph John & Jenny 068-625-192.

WANTED TO RENT

HELP! COUPLE WITH 2 YOUNG children affected by recession & pollution wish to rent dwelling + shed on sheltered bushland acreage, long-term, where we can have self-reliant lifestyle. Prefer nth NSW/Qld, Cath MacLean, PO Box 67, WESTON 2326.

AUSTRALIAN WOMAN & CHILD seek 3 months share accommodation, South Island NZ. Julie (GR 93), C/- PO Box 242, EUROA 3666.

RESPONSIBLE WOMAN (STUDENT) & daughter, 5 yo, looking for fresh air, space & cheap rental b/w Geelong & Apollo Bay. Would consider community lifestyle. Ph: 052-721-435. Write Demeter, 160 Thompson Rd, NTH GEELONG.

YOUNG FAMILY OF FOUR seeks piece of seclusion to rent/lease somewhere between Bundaberg & Cooktown. After 7 yrs high profile in the hospitality/entertainment industry, we're looking for a little privacy where we can keep a few chooks, grow our own vegies & try our hands at beekeeping. We have a caravan & generator, but a small house, cabin, shed, on acreage would be fine. May consider purchase in the future if situation suits. Ph: Julian 066-283-770.

ACCOMMODATION WANTED, PERTH (prefer self-cont) for vegan lady, indoor 13 yo German shepherd, & Anglo/Arab mare. Moving to Perth by Jan 1993. Healthy, fit & quiet lifestyle led. Studying Masters Degree at Curtin Uni. Alexandra (GR 93), C/- PO Box 242, EUROA 3666.

MATURE, FRIENDLY, QUIET-LIVING male writer seeks bedsit, private board, small flat or shared accommodation in Blue Mtns from December. Very keen gardener. Please contact Advertiser, 22 Preshan St, CASTLEMAINE 3450.

GR PERSONS require property to caretake or rent in NE Tablelands in NSW. Ph: 066-895-011 any time ASAP. Excel refs avail.

DEADLINES: GR 94 - OCTOBER 23RD
GR 95 - DECEMBER 18TH

FOR RENT

TAYLORS ARM AREA, NSW. R/forest retreat, 2 b/r furnished chalet style cottage. Lovely garden, perm water, 64 km from town & beach, ph, septic, no power. Suit middle age, retired couple, no singles, n/d, n/s, wanting to live peaceful lifestyle. Rent \$50 pw. Tenants must be prepared to keep house & garden clean & tidy. Bond & refs will be required. Ph: 067-781-236 or 065-642-106.

N/S, 30s TO SHARE Federation house with a professional woman at Burwood, 20 min from centre of Sydney. Must be fun, intelligent, practising spiritual growth, seeking caring home environment. Ph: 02-747-1376.
BUSH HOUSE, NO ELECTRICITY, suit couple or family. N/drugs, n/d, sharing 40 ac, Walsh River. \$50 pw. Also avail for holidays. SAE Box 242, HERBERTON 4872. Ph: 070-962-211.

JINDERA NEAR ALBURY, one b/r, s/c bungalow, close farmhouse on 50 ac, \$85 pw includes elec, agistment one horse, own garden. Suit quiet, single female, sober habits, no drugs, no pets. Write with refs: PO Box 151, JINDERA 2642.

1993, EARTH BRICK PASSIVE solar home with garden, orchard, chook runs, small paddocks avail to suitable person/s while family is away for schooling. Low rent. Fiona McIlroy, C/- PO BONANG 3888.

N/S WANTED TO RENT my home for all or part of school summer holidays. Sleeps 7, balcony overlooks sea, 5 min walk to Bronte Beach, 15 min to Bondi. Good bus service to city. Ph: 02-369-4186.

LORINNA. Pleasant small cottage on 2 ac in remote mtn valley in nthn Tas. Beautiful views, lots of space around, & with deep soil for gardening. Quiet older couple or individual with green values only please. \$50 pw. Write to: Damien Morgan, 148 Waterdale Rd, IVANHOE 3079.

SMALL SHACK with adjoining 28 ft caravan, solar power & gen power, on my property where I live in another house, inland on beautiful mid nth cst NSW. Would suit 1 or 2 women or mother with child, free rent for small amount of gardening work. I am an easy-going 32 yo landlord who can't keep up with gardens as well as my work. Contact Ian, PO Box 29, TELEGRAPH POINT 2441. Ph: 065-858-253.

BOBIN, NORTH COAST NSW, 3 b/r, spacious solar powered/designed earth house, close to facilities, 35 min Taree. Estab gardens, shed/loft, 460 ac forest, mtn crk. Friendly community, suit family. Avail December for 1-2 yrs. \$120 pw. Refs pref. Mark Redmond. Ph: 065-505-170.

EUROA TOWNSHIP, lge 3 b/r, w/b house on lge block. S/c stove & comb wood fire heating. Walking distance to shops & schools. Crk frontage. Pets fine. No chemicals. Ph: 057-952-339.

WANTED

HARDWORKING, CARING young woman looking for work & idyllic country lifestyle on farm or property. Loves animals, gardening, children. Refs avail. Prefers warm climate, has varied qualifications. Please write to me & I'll tell you more about myself. Nicole Rossiter (GR 93), C/- PO Box 242, EUROA 3666.

RESPONSIBLE WOMAN, student & 5 yo daughter seeking cheap rental, pleasant abode, fresh air, possibly near coast, perhaps some exchange for caretaking &/or gardening, in Geelong region. Please contact Demeter, 160 Thompson Rd, NTH GEELONG 3215. Ph: 052-721-435.

COMMUNE & PEOPLE WANTED by Jorg (22), Christiana (28) & unborn baby (6 mths). We would like to live in or build a vegetarian, anarchy orientated commune where people share self-suff, live without violence b/w humans & all other animals. Christiana, C/-Keogh Rocky, Hall Rd, WYNDHAM 2550.

LARGE KERO FRIDGE, looks unimportant but must be reliable. Please write Mike, PO Box 12, QUEANBEYAN 2620.

NATIVE PLANT MATERIALS. Wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Lge quantities preferred. Good prices + freight paid. Contact Peter Hunt, PO Box 53, NORTHCOTE 3070. Ph: 03-482-2677.

HI, MY NAME IS DAVE. I'm a carpenter who wants to experience Grass Roots style living. I'm single (36 yo) & would like to hear from a small community whom I could work with in return for free food & lodging, preferably in NSW. Please write to Dave (GR 93), PO Box 242, EUROA 3666.

BUSINESS FOR SALE

STATE AGENCY FOR AUST & NZ herbal mail order business. States avail: Vic, Tas, SA, WA, NT. \$2000 (Tas, WA, NT), \$6000 (Vic, SA). Ph: 07-397-7142 any time.

CAFE-COFFEE SHOP, excel position, main rd from Canberra. Must sell. \$30,000. Ph: Boorowa 063-853-308.

HEALTH FOOD SHOP, coastal resort, new lease, sales greater than \$90,000 pa. Good turnover, plenty of improvement, organic produce & takeaway, with strong enviro concept. Estab 2 yrs. POA. Ph: 052-542-772.

NATURAL HEALTH CARE CENTRE, est 9 yrs in busy commercial & holiday town, next to health food store estab 26 yrs. 8 practitioners practising wide spectrum of modalities including lectures & classes. Walk in as is, or change environment to suit, or combined sale of 5 ac land, cottage & new house & clinic above. Ph: 059-867-799 or 059-886-750.

OPPORTUNITIES

EARN UNLIMITED INCOME AT HOME filling envelopes. Full assistance given. Send SAE to Sales Unlimited, PO Box 14GR, NORTH CAIRNS 4870.

HOW TO MAKE MONEY PUBLISHING! Start a rewarding home publishing business of your own for less than \$50. Detailed audio cassette presentation instructs how. Self-publishing secrets revealed. Huge profits. Send \$18 + \$2 postage today & get started. Peter Gardener, Simms Hill, LIGHTNING RIDGE 2834.

BE YOUR OWN BOSS, in a part or full-time recession-proof business. \$2.50 + 30 minutes easy work = \$30. Having now retired, the author is revealing all the secrets, tips & info on how to buy, restore, guarantee & sell reconditioned car batteries. No prior knowledge needed. Work from home. Start for less than \$50. Send \$10 today for complete package to: Geoff Pyne, 1/1 Nettleton Dr, LIGHTNING RIDGE 2834.

A GREAT CRACK at a secure future is now available. The best MLM there is. Saleable products. Build downline via direct mail. No stock handling. Don't be a mug, send refundable \$5 for info-pack to Geoff Pyne, 1/1 Nettleton Dr, LIGHTNING RIDGE 2834. PERFECT HOME BUSINESS. High income without selling. Entirely by mail. Send \$5 (refundable) for complete information package. S.W. Hill, Hill Valley, LIGHTNING RIDGE 2834.

ARE YOU LIKE US? Looking for a different lifestyle? Looking for time to enjoy the good things in life - travel, family, relaxation, sport, education? Scared to step out of the 9-5 routine in the present economic climate? Would you like to become involved with like-minded, professional, ambitious people, grow personally, care for the environment & create time & money for yourself? Sounds too good to be true, eh! We'd love to tell you more about our business. Please ph 03-337-6142.

GRASSIFIEDS

AMICABLE WIDOW SEEKS working partner(s). Lovely small acreage, mtn views, perm crk, fertile soil. Self-suff attainable, + scope for profitable business. Not viable on my own. Need genuine, productive, financially independent workmate(s). Write Linn Wiltby, C/- PO, MT PERRY 4671.

LARGE CARAVAN, Hunter Valley bush block, exchange labour, share incomplete house with 2 others, veg/n/s pref. Ph: 049-382-036, 049-343-455.

YANKALILLA, SA, 75 km sth of Adelaide, 7 km from the sea. I am looking for 1 or pref 2 responsible, practical & creative people to live in comfortable hand-built cottage, near main house, in beautiful setting. Rent free in exchange for help to caretake 50 ac property, 2/3 heritage/regeneration, vegie & other gardens, some domestic animals. Experience in this lifestyle preferred. Ph: Ruth 085-582-320 or write PO Box 208, YANKALILLA 5203.

AUSTRALIAN MLM COMPANY marketing ecologically & environmentally friendly products targeting all aspects of everyday life, including health care, home care & earth care, which has received United Nations endorsement. For details write Lizard Plain Trading, Free Post 5, Box 159, KADINA 5554.

RENT FREE (ex-donga, share cook facil) for active lady/couple with pioneering, self-suff nature, in exchange for p/time housework/driving/handyperson duties on Clermont property (Qld), 15 min town. The owner: interesting, interested in life, religious, n/d, n/s, eccentric, sometimes difficult, exaggerates, arthritic knees so needs help ASAP. Write to A. McCall, C/- PO, SAMFORD 4520. I will phone you.

HOLIDAY CABIN on your land? Earn extra income. We supply designs, construction assistance & bookings. Material package kits from \$11,500. Samur Pty Ltd, PO Box 470, CAMMERAY 2062. Ph: 02-959-4817.

HOLIDAYS

NATURAL HOME HEALTH care haven. Situated in a quiet rural bushland setting in the foothills of the Border Ranges of ntn NSW. Featuring; healthy lifestyle education, nutritional instruction, food preparation, vegan dishes, raw juice cleanse & detoxification programme, colonic therapy, steam baths, ensuited bedrooms, comfortable accom. The Retreat, GREVILLIA 2474. Ph: 066-364-275. HUNTER VALLEY FARM HOLIDAY. Mud brick apartment. Fully catered. \$495 pw for family of 4. Ph: 049-300-209.

TASMANIA, Grass Roots accommodation, bushwalkers delight, horse riding close by. Completely self-cont. 'Attunla', GOLDEN VALLEY 7304. Ph: 003-695-172.

LA MANCHA HEALTH CENTRE, Lismore. For help with obesity, stress, chronic fatigue, blood pressure, dietary problems, etc. Vegetarian meals, motel-like accom, pool. Massage & hydrotherapy treatments avail. \$390 single, \$590 double pw. For brochures ph 066-295-138.

MALLACOOTA. Fully self-cont mud brick cottage. Close to beach, bush. Sleeps 4-6 ski lodge style. Reasonable rates. Ph: Barbara de Bruine 06-258-3531.

WHALE VIEWING HERVEY BAY. Stay with us where these magnificent creatures rest on their homeward journey. Mango Tourist Hostel. A characterful old Qld house close to beach & all services, \$11 per night per person, share or double room. Gateway to Fraser Island. Info & bookings ph: 071-242-832.

EXPLORE FRASER ISLAND, magnificent sandy wilderness, beautiful lakes, streams & forests. Accommodation & thorough info from \$11 per night, share or double room. Ph: 071-242-832.

GARDEN AND ORCHARD

EARTHWORMS, Landsborough Earthworms can supply any quantity anywhere. Full info provided re cost & care. Contact us at 38 Maleny Rd, LANDSBOROUGH 4550, or ph 074-941-512.

COMPANION PLANTING CHART. Over 90 vegetables, herbs & fruits, incl plants as insect repellants. SOW WHEN CHART. Suggested sowing times for 100 vegetables, herbs & flowers. Mail order. \$5 ea + \$2.50 p&p (up to 5 copies). Plum Products (G), RMB 2907, BRUTHEN 3885.

COMPREHENSIVE CATALOGUE Australian native seeds. 1800 species. Price \$6 posted. Bliss Partnership, 'The Cedars', BUNDARRA 2359.

EARTHWORMS, the 'speedy breeder compost worm' revolutionises your compost & transforms your garden. Just \$15 per 1000 worms. Price incl postage Aust wide & pamphlet on worm care. Wholesale prices \$35 per kg + freight. Wormborough Farm, PO Box 794, TAREE 2430. Ph: 065-539-633.

EARTHWORMS, improve your soil providing healthier plants, crops & FREE fertiliser. Contact us for FREE info on worms, breeder kits & the most comprehensive publication list available on this subject. WORM WORLD, PO Box 14GR, NORTH CAIRNS 4870. Ph/fax: 070-537-134.

TREE GUARDS, all shapes/sizes, from under 10 cents ea. Bamboo stakes & weedmats. I.R.S., BRUTHEN 3885. Ph/fax: 051-575-562.

ACTIVE WORMS for naturally improved gardens & compost. Choice of compost bins available, also solid or liquid worm castings. Prices & info from Active Worms, 54 Nelson Rd, WELLINGTON POINT 4160. Ph: 078-221-413.

EARTHWORM HOUSES, fully insulated, 8 x 4 on the ground or 2 x 2 x 4 free standing. Liners available. Prices start at \$280. SCCAV, 3 Concorde Way, BOMADERRY 2541. Ph: 044-212-905.

SEEDS: ETHNOBOTANICALS, fruits, nuts, gingers, bamboos, natives, etc. Over 400 species. Personal collection ensures viability. For list send SAE to Fruit Spirit Botanical Gardens, DORROUGHBAY 2480.

GRASSIFIEDS

GARDEN AND ORCHARD

WORLD'S HEAVIEST PUMPKINS. Atlantic Giant pumpkin seeds \$10 pkt. Giant Green squash seeds \$10 pkt. Carolina Gross large watermelon seeds \$5 pkt. More giant varieties coming soon. Order from Atlantic Seeds, PO Box 205, SEAFORD 3198. Ph/fax: 03-786-0337.

'AUSTRALIAN HERB INDUSTRY Resource Guide'. For the first time in Australia, a comprehensive networking guide for professional & recreational herb growers & users, or anyone who needs to find anything herbal - plants, seeds, courses, publications, herbal products, essential oils & craft materials, display gardens, freshly-cut & dried herbs, societies & more. Cost \$15 + \$3.50 p&p from *Focus on Herbs* magazine, PO Box 203, LAUNCESTON 7250.

SEEDS OF UNUSUAL, useful plants. Open pollinated, Asian vegies, subtropical fruits, herbs, spices, fragrances, curiosities, cottage garden flowers suit hot weather. \$1 per pkt, rooted plants \$2.50. Mail order only, no visitors please. For list send 3 stamps to Lorraine Blaney, Wallace Rd, BEACHMERE 4510.

EARTHWORMS, \$15 per 1000. Nature's own soil conditioners. Ph: Grant 09-401-4949.

TOBACCO SEED. Organically grown (Virginian), cultivation & curing notes incl. Send \$5 to Lyn O'Brien, C/- PO, BARMAH 3639.

HANDCRAFTS

ENVIRONMENTALLY SAFE HOUSEHOLD & body care products. Buy direct & save on fragrant oils, potpourri, skin care creams, essential oils, massage oils, healing crystals, fairy crafts, new age books & tapes & much more, including special offers & free gifts! All products are 100% money back guaranteed! Orders over \$50 are post free in most states. Discover how to earn extra income by becoming a Peppercorn party plan presenter. For a free 28 page catalogue write to Peppercorn, PO Box 416, BORONIA 3155. Ph: toll free 008-338-194, or 03-762-9798. Wholesale enquiries welcome.

ESSENTIAL OILS, POTPOURRI & natural products - for all your aromatherapy & fragrant craft work. We are the manufacturers & suppliers of raw materials for making massage oils, soaps, cosmetics & household products. Our extensive range includes: 100% pure & natural essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, pottery & containers. Buy from us direct, small or bulk sizes & save with our low prices. Write for free mail order catalogue to Auroma, 39 Melverton Dr, HALLAM 3803. Ph: 03-796-4833. Fax: 03-796-4966.

FLEECES, NATURAL COLOURS, for spinning & crafts, a wide variety avail. For a free directory of growers, write to the Black & Coloured Sheep Breeders Assoc (SW Region), C/- PO Box 295, DRYSDALE 3222, encl business SAE.

POTPOURRI & SACHET SUPPLIES: The Australian company with a traditional flavour. We buy direct from source & manufacture ourselves to offer the best in Australia at the lowest prices - craft & decorator potpourri, flowers, fragrant oils, books & a range of quality Australian made fragrant gifts. Write for free mail order catalogue. PO Box 53G, NORTHCOLE 3070. ph: 03-482-2677. Fax: 03-481-1393.

HANDCRAFTED & DESIGNED CRYSTAL jewellery. Austrian lead crystal & rock crystal. Different shapes, sizes, colours, gift boxed & catalogue avail. Wholesale orders welcome. Send long SAE. Buy direct from L. Hughes, RMB 2880, Via MYRTLEFORD 3737. Ph: 057-535-268.

FLEECES, COLOURED, ideal spinning, weaving. \$10 per fleece + postage. Also spun wool, \$6 per 100 g. Ph: 004-621-123.

DOLLS - OLD WORLD calico doll. Kit contains full instructions & everything necessary to make this endearing doll, including her clothes. Kit costs \$28 incl postage. Filling of pure wool is \$3.50 extra. Write to Studio Giuliana, PO Box 663, APPLECROSS 6153, include full payment.

MISCELLANEOUS

MAKE YOUR OWN concrete pavers, blocks, borders, tree surrounds to use or sell. It's fun with steel machines from \$395. Leaflets from Forest Farm Research, LONDONDERRY 2753. Ph: 045-725-312.

BUS, MOBILE HOME, 3 way fridge, stove, 12V pump, HWS, shower, 4 bunks, double bed in separate room, table collapses into spare double bed, pine & cork interior, 6 cylinder diesel, preselect auto. Rego Vic 11/92 \$12,000 ONO. Ph: 066-538-128.

AUSTRIAN LEAD CRYSTALS. The original rainbow generators, finest quality crystals, 38 shapes incl spheres, teardrops, pendulums, octagons, hearts & more. Hang in sunny windows for dancing spectrum rainbows. Send SAE for catalogue. Wholesale enq welcome from shops & marketers. Thora Trading 'Patanga', Darkwood Rd, THORA 2454. Ph: 066-558-668.

'FOR YOUR EYES ONLY, The UFO Mystery'. Video VHS - PAL 60 min. One of the best explanations on the UFO phenomenon that has come to light in recent years, a state of the art update for the serious researcher that connects vital clues amongst the blitz of disinformation & official cover-up. Send \$34.95. Price incl postage. Network 23, 18a Lucasville Rd, GLENBROOK 2773.

VICTIMS OF THE LEGAL PROFESSION. This group needs your story for a book to be written about malpractice of lawyers. Name the wrongdoers, write to PO Box 2207, SHEPPARTON 3630.

'A COURSE IN MIRACLES'. My aim is to publish a collection of 'Miracles' - stories, as experienced by students of the course. Anyone who would like to share how a 'Course In Miracles' has influenced their life is invited to send their story to Kathy Smith, 85 Law Rd, WARWICK 4370.

LOW SPEED GENERATORS for windmills, water turbines, steam engines. The definitive book: *The Homebuilt Dynamo* (1987), 182 pages, 8 1/2 x 12 in hardback. Generator design & construction with ceramic magnets. Complete plans, 268 photos, step-by-step construction details. Postpaid airmail \$85, brochure \$5 refundable. For more info write Todd-Forbes Publishing, PO Box 3919, AUCKLAND NZ.

CHIP HEATERS. No elec needed for instant hot water, operates from town or tank water supply. Enq: Ray Williams, 5 Bonnie Springs Rd, JINDERA 2642. Ph: 060-263-621.

ENGINES: POWER OF TIME past for the future. Reconditioned stationary & portable engines for generating, pumping, machinery etc. Owner engines reconditioned or change-over. All supplied with 3 month guarantee. Service and spares. Enq Aust wide welcomed. Ph us on your power needs: 057-662-974 or write to: JLB Engines, C/- PO, GLENROWAN 3675.

WIND GENERATOR, BP solar, Solarex solar modules, deep cycle batteries, inverters 12/24V lighting, fridge/freezer, solar/wind pumping systems, Gallagher elec fencing. Special discounts for Grassified readers. Renewable Energy Developments (RENDEV), Showroom Rear, 249 Princes' Highway, CORRIMAL 2518. Ph: 042-840-045, AH 042-848-100.

WANTED BACK ISSUES GR, 6, 9, 10, 14, 18. Edie, PO Box 527, NANANGO 4615.

COONON-GIBBER WOOD HEATER. Will burn for days without going out & heat lge areas. \$350 freight free to your door. No assembly required. For more info, Dave, 14 Sixth Ave, CHELTENHAM 5014.

TEA TREE OIL PRODUCTS, medicated cream, heat rub, insect repellent, after sun lotion, shampoo, conditioner, bath oil, hand lotion, blemish aid, body talc. \$7.50 ea, post paid. Satisfaction guaranteed. J Welling, WEDDERBURN 3518.

COMPUTER CONSULTANT travelling NSW/Vic/SA, leaving Oct/Nov. Happy to visit your farm, nursery or business to set up your computer, install programme and provide initial training at minimum cost. Specialise in rural & accounting software. Please ph: 069-556-307.

SELL GR NOs, 28, 29, 35, 41, 43, 44, 46, \$3 ea. Shaw, PO Box 841, HUMPTY DOO 0836.

HERBS TO HELP - sex life, nerves, sleep, kidney problems, weight loss, lower blood cholesterol, blood pressure, PMT, menopause, fluid retention, arthritis, prostate, colds, mucus, congestion, herbs to make you feel & look young, anti-oxidant, laxatives & general tonics. Send SAE for price list or send \$5 for catalogue & samples (price to be deducted off first order). HIA, PO Box 904, HOLLAND PARK WEST 4121.

RETURN OF JESUS IMMINENT free details & info write PO Box 131, ESK 4312.

BIOLOO IIT MANUAL 80, composting toilet, white, VGC, operates on elec. Ph: 055-847-227.

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MISCELLANEOUS

QUIT SMOKING FOREVER. No withdrawal symptoms or heroic effort required. Simply playing new subliminal tape with stabilisation pulse quickly destroys all desire to smoke. Guaranteed. Send \$18 + \$2 postage today to Peter Gardener, Simms Hill, LIGHTNING RIDGE 2834.

FOR SALE SOLAHART SOLAR HWS, suit new buyer, model 300 JK. \$1400. Ph: 059-633-325. MARYSVILLE 3779.

YOUR FAVOURITE PHOTO permanently glazed on a beautiful porcelain plate. Send \$15 plus photo. Ideal gift for weddings, birthdays, babies, trophies. Post free from: J Welling, WEDDERBURN 3518.

WE ARE WANTING TO SELL a porcelain room specifically designed for the 'Universal Reactor' who suffers from severe multiple allergies to everything in their environment. This house has helped others to achieve full wellbeing by allowing the body to rest well. The room is approx 7 x 26' & is transportable. At initial purchase, the room was built for \$35,000. All offers are welcome. It would be nice to see this room go to someone who is needing help with their health's progress to wellbeing. Please contact us, Debra & Christian Larsen, 8/95 Strickland Tce, GRACEVILLE 4075. Ph: 07-278-1338.

WINDMILL, NZ Hayes, direct drive 2.4 metre wheel, 3'6 metre tower, little use, \$800. Six metre Savonius rotor windtower (3 rotors), suit wind generator, engineer designed & built, \$400. 30 x 24V DC globes, Bayonet 240V fitting, unused, \$60. Ph: BENALLA 057-664-294.

SERVICES OFFERED

PERSONAL TAROT READINGS BY MAIL. Your questions answered. \$20 posted. S Hill, Hill Valley, LIGHTNING RIDGE 2834.

65 PLANS FOR HOMES of mud brick, rammed earth, stone & pole frame construction (145 pages). Mail \$42 for 'The Earth Builders Construction Detail & Plan Catalogue' to John Barton, Building Designer, 31 Sharp St, NEWTOWN, GEELONG 3220 or ph 052-224-249 for fixed quote to draw/document your home plan.

ASTROLOGICAL FERTILITY CHARTS. Find out your monthly period of maximum fertility. Three yrs personal calendar (lunar-phase cycle). For more info write Astrobe Charts Service, PO Box 1262, COFFS HARBOUR 2450. Ph: 018-665-605.

ASTROLOGY, computerised natal charts, \$4 incl p&p. Send name, date, time & place of birth to: Vajra, 12 Hale St, WOONONA 2517. Ph: 042-834-575.

PERSONAL INDIVIDUALISED TAROT readings by mail. Send \$20 with name, address, birth date, in your own handwriting. S Hill, Hill Valley, LIGHTNING RIDGE 2834.

GUIDE DRAWINGS by mail, accurate spiritual guidance. You get drawing, reading, p&h. Please send \$35, photo (returned) to Janis Martin, PO Box 1, WOODFORD 2778.

**DEADLINES: GR 94 - OCTOBER 23RD
GR 95 - DECEMBER 18TH**

HOME & PERMACULTURE DESIGN. Low cost homes, mail order design, owner/builder advisory service. Council plans, conventional/alternative, on-site consultation/construction (nth NSW). Integrated environmental design, farm landscaping. Reasonable fees. Details, send SAE Howard Morante, BL 30467, PO Box 874, PORT MACQUARIE 2444. Ph/ Fax: 065-821-584.

NUMEROLOGY PROFILES. The Profiles describe your life path, Karmic lessons, challenges, birthday + much more. You hold the key to your personality with your birth date, birth name & current name. \$20 per report incl definitions. Send your details to Ben Bassey, 42 Thora Rd, THORA 2454.

BIORHYTHM CALENDARS. Daily predictions in calendar form. \$2 per mth or \$20 for 12 mth. Name & date of birth required. Send your details to Ben Bassey, 42 Thora Rd, THORA 2454.

COMPUTER CONSULTANT travelling NSW/ Vic/SA, leaving Oct/Nov. Happy to visit your farm, nursery or business to set up your computer, install programme & provide initial training at minimum cost. Specialise in rural & accounting software. Please ph: 069-556-307.

HANDWRITING ANALYSED: The Key to Personality. For a detailed analysis of your own handwriting or that of someone important to you, send a page of handwriting, and \$48 to. Inner Sight, C/- PO, LEARMONTH 3352.

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POLLEN, no additives. 450 g sample pack \$9, 1.9 kg pack \$32.50, 4.7 kg pack \$65. Prices include p&p. J.M. Read, 8 River St, MURRAY BRIDGE 5253.

HOME STONE FLOUR MILLS - mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-795-2725. Distributor enquiries welcome.

COURSES

RESIDENTIAL PERMACULTURE DESIGN course, Wanganui, behind Mullumbimby, nth NSW. Oct 25 to Nov 7. Teachers Hector Hill & Michael Lonergan. All meals incl. \$560. LETS discount, enq Kayti. Ph: 066-845-548.

ORGANIC GARDENING WORKSHOP, whole day practical course, \$45, incl lunch & farm tour, notes & seedlings to take home. Within one hr drive of Sydney. Self-suff skills at Murrindindi Organic Farm. Ph: 046-545-237.

HERBAL MEDICINE. The School of Herbal Medicine, estab in Aust in 1985, offers a one yr home study course. For details write to PO Box 5310, TOOWOOMBA 4350.

HOMOEOPATHY, home study basic & Ph D, correspondence course. Gloria Grace Homoeopathy Research Centre (12 yr experience), PO Box 773, VALLEY 4006. Ph: 07-358-2855.

PERMACULTURE DESIGN COURSE. Far sth coast NSW, specific to cool temperate systems & species. A 2 week full-time residential course, 14-28 Nov '92, 9-23 Jan '93. Tutors Hugh Gravestine, Andrew Sheridan, David Holmgren (Nov), Vries Gravestine (Jan). Register as soon as possible, a limit of 20 per course Enq: H Gravestine, C/- PO, WYNDHAM 2550. Ph: 064-942-014. Week-end introductory course, 31 Oct to 1 Nov.

STUDY AT HOME by correspondence. Earn professional diploma & certificate qualifications for career & family use. Select your FREE brochure from: aromatherapy, traditional folk medicine, vitamins & nutrition, psychic healing, personal psychic development, safety & security counselling, wicca. 1992 new course, 'The Green Vet' (certific course - domestic & farm animals). Wiccan Home Studies, (est 1970), PO Box 138, SURRY HILLS 2010. Ph: 02-319-6166 BH.

CLUBS AND SOCIETIES

AUSTRALIAN HERB SOCIETY. Members receive quarterly magazine, seed from Seed Bank free, access to tape lending library. Write: The Secretary, PO Box 110, MAPLETON 4560.

NATIONAL ALLERGY ASSOCIATION of Australia (NAAA). Info counselling, newsletter. For info & membership write to: PO Box 280, PARRAMATTA 2124.

INTERNATIONAL PENFRIENDS caters for everybody, everywhere, doing everything under the sun. For more info, send SAE to IPF, PO Box 3, ROZELLE 2039.

CALENDAR EVENTS

NICHOLSON RIVER HOMES. Come & view a variety of building styles near Baimsdale. Twenty owner designed & built homes open for inspection. Sunday Oct 25th starting at Sarsfield Primary School at 10 a.m. \$20 per car. Ph: 051-579-312.

LITTLE YARRA, Steiner school & kindergarten. Greek Fair & Open Day will be held on Sunday 8th Nov, 10 am to 4 pm. Lot 14, Little Yarra Rd, YARRA JUNCTION 3797. All enq & stallholders. Ph: 059-671-953.

THE ANNUAL GROW ORGANIC Seminar organised by the East Gippsland Organic Agriculture Association Inc will be held on the Labour Day weekend 6-8 March, 1993. Topics will include, Aquaculture, Agroforestry, Organic Sheep Farming, Permaculture, Homoeopathy, Basic Organic Gardening. There will also be speakers from the three certifying organic/bio-dynamic organisations: National Association for Sustainable Agriculture Australia-NASAA, Biological Farmers of Australia-BFA, Bio-Dynamic Agricultural Association of Australia-BD. This event is to be held at Strathfieldsaye Scout Camp near Stratford in East Gippsland. For all enq. Ph: 051-444-396 or 051-571-586.

GRASSIFIEDS

CALENDAR EVENTS

BLOOD, SWEAT & BRILLANCE, the exhibition of graduating students in Studio Textiles (adv cert) from Melbourne College of Textiles will be open to the public from 13-21 Nov, except Sundays, from 12 noon to 7.30 pm at The Malthouse Theatre Complex, 113 Sturt St, STH MELBOURNE 3205. Any enq regarding the exhibition or courses at the college can be made to the Brunswick campus of the college in Dawson St. Ph: 03-389-9111. Work to be exhibited will be weaving, tapestry, fabric printing & knitting.

THE AUSTRALIAN CRAFT SHOW, Australia's largest & most comprehensive exhibition & sale of crafts is to be held in Melbourne, Brisbane, Canberra & Sydney during Oct & Nov. Melbourne - Exhibition Building, 8-12 Oct. Brisbane - RNA Showground, Exhibition Building, 28 Oct to 1st Nov. Canberra - National Exhibition Centre, 5-8 Nov. Sydney - RAS Showground, 25-29 Nov. For further info contact June Bibby. Ph: 02-427-6120.

LIVESTOCK

ARAB STOCKHORSE, chestnut gelding, 15 hh, 12 yo. Used for trail riding & stock work. Regrettable sale. Not for novice. Reasonable price for a good home. Please contact Marion, 'Garallan', COWRA. 2794. Ph: 063-429-415.

GERMAN, FRENCH & English Angora rabbits for sale. As seen on the *Today Show*. Also Angora & Alpaca fibre. The Angora Rabbit Farm, YEOVAL 2868. Ph: 068-464-039.

RARE OUTDOOR PIGS. Wessex Saddleback, weaners & breeding stock available. Contact E & H Clare, PO Box 546, CABOOLTURE 4510. Ph: 074-968-271.

PUBLICATIONS

AZTLAN MAIL ORDER BOOKS & - Research Centre. An exciting range of books & videos on Lost Cities, Atlantis, Secret Tunnels & UFOs. Send 1 x 45c stamp for a catalogue. 32 Moore Ave, CROYDON 3136.

'NIMBIN NEWS' is a co-operatively run access magazine with articles & information from Nimbin & other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are the longest running alternative magazine & the Nimbin bio-region is at the forefront in the development of sustainable systems. As networkers we scan many magazines for suitable & scarce info for our readers. Subscription: 12 editions for \$25. PO Box 209, NIMBIN 2480.

'THE HIDDEN AGENDA'. A manual by Alan Whitehead on Rudolf Steiner's Esoteric Christianity. Incl aspects of the Seasonal Festivals - Australian style. Send \$10 to Golden Beetle Books, Box 481, MULLUM-BIMBY 2482.

DONKEY SOCIETY OF AUST, for info on magazine subscription, publications, books & the care of donkeys. Contact DSA, C/- Mrs Pam Newton, PO Box 63, HURSTBRIDGE 3099.

'HOW TO BUILD A MUD BRICK HOUSE': A Step-by-Step Guide by Gregory Ah Ket. Build your own mud brick house! This practical manual takes you every step of the way from the planning stages through to the completed house. Clearly laid out with over 100 easy-to-follow diagrams, drawings, b/w & colour photos. Widely recognised as the best book on the subject. \$29.95 + \$6 p&p from Blake & Wasson Books, 679 Rathdowne St, NTH CARLTON 3054. Ph: 03-349-2233.

BOOKS, HORTICULTURE, gardening, native plants, mail order, lge selection. Send for free catalogue. Goondooloo Book Service, PO Box 288, GATTON 4343. Ph STD free 008-073-103 any time.

'AUSTRALASIAN SURVIVOR', the magazine that prepares its readers for the fast coming hard times. \$2 for sample. PO Box 39, BARKER CENTRE 2603.

'THE STOCK SADDLE', how-to-do-it book on making, repairing & counterlining your stock saddle, by Ron Edwards. \$15 posted from Night Owl Publishers, PO Box 242, EUROA 3666.

'NZ POULTRY & GAME BIRD' magazine covers wide range of poultry, waterfowl, cage birds, pigeons, conservation, breeding, nutrition, free range eggs & many more in-depth articles. Subscriptions \$A33 airmail, samples \$A5 ea. Personal Aust chqs accepted. For more info write NZ Poultry & Game Birds, PO Box 5070, NEW PLYMOUTH NZ.

'THE PERMACULTURE EDGE', magazine for current info on applied permaculture world wide. Internationally subscribed & sourced: agriculture, economics, politics, sociology for the future. Subscribe now \$16, 4 issues. Permaculture Nambour, PO Box 650, NAMBOUR 4560.

'NEXUS NEW TIMES' magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental & physical health & enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$15 pa. Nexus New times, C/- PO, MONTVILLE 4560.

'AUSTRALASIAN HEALTH & HEALING'. Journal of alternative medicine. Australia's major health care quarterly, emphasising self healing & prevention of illness through measures which raise body defences. Sold at most newsagents & health shops, \$4.95 ea & by subscription, \$19.80 or \$26.30 with Health & Healing Newsletter per 4 issues (1 yr), \$38 or \$50 with Health & Healing Newsletter per 8 issues (2 yrs). Write: Australasian Health & Healing, 29 Terrace st, KINGSLIFFE 2487.

'ORGANIC GROWING', Australia's national quarterly magazine for chemical-free farmers & gardeners. Practical 'how to' advice, + news of the organic scene the world over. \$3.20 per issue from newsagents or \$12 pa by subscription (Aus); \$16 pa (o/seas). For more info write PO Box 228, ULVERSTONE 7315.

'THE MAGIC GARDEN' & other books on herbs & Celtic rituals by Rhiannon Ryall published by 'Broomtail'. Send for our catalogue of books on herbs, healing, spiritualism, animals, magic etc. An exciting list of mail order books from Broomtail Books, PO Box 62, LONG GULLY 3559.

'AT HOME WITH MARJORIE BLIGH', a 608 page commonsense manual of cooking, hints, health, craft, poetry, etc. \$15 posted. *Majorie Bligh's Homely Hints on Everything*, 470 pages of 5000 hints. \$15 posted. *Majorie Bligh's A-Z of Gardening*, 444 pages of history of plants, trees through to annuals, diseases, homemade sprays, pot plant care etc. \$15 posted. *Life is for Living*, 431 pages hardback. Majorie's life story of trauma, different lifestyle, craft created, tours around the world & much more. \$18 posted. *Tasmania and Beyond*, 464 pages of history on Aust Prime Ministers & Royal visits, bushrangers to sports, mtn to fauna. \$18 posted. If the set of five are ordered the hint book is FREE from: Marjorie Bligh, 163 Madden St, DEVONPORT 7310.

\$15 COULD CHANGE YOUR LIFE. This manual is designed to help those wishing to start a business at home & prosper in the yrs to come, also for those wishing to improve their existing business. A positive & most info A-Z instruction manual that cannot fail to give you the inspiration needed to start and operate a successful home based business. Send \$15 to James Powell Publishing, COR-DALBA 4660.

'ALTERNATIVE PLANS & PRODUCTS 4th Edition Catalogue 1992'. The 4th edition of this popular catalogue is now avail. The catalogue contains a comprehensive listing of books, booklets, plans & infopacs covering alternative power generation, ethyl alcohol production, wind power, gas generation, solar stills, alternative housing plans, low voltage workshop set-up, appliance conversion, special batteries, mini work vehicle construction plans, growing plants for profit, solar powered water pumps, water purification, biological building, chemical hazards, earth energy fields & geopathic stress, infrasound, vivaxus bands. Other titles incl steam engine generator construction plans, methane gas generator plans, elec vehicle conversion plans for conventional cars, fuel cell construction, solar ovens & water heater plans, solar furnace, vortex tube heat & cold generator plans, free energy machines & magnetic engines & generators, composting toilets, specialised house construction methods. Also incl for 1992 are detailed plans & circuits for a practical, lightweight, solar powered elec car able to seat 2 persons. Complete info incl computer software (basic). 'Prosperity from a pittance' or 'How to live on less than \$30 a week'. Maths Alogarithm Library - manual and disc on how to problem solve with your personal computer, incl source codes, graphics etc. Use at home, the office or in the bush! For the Alternative Plans Catalogue: Send \$5 to Alternative Plans, PO Box 487, ASHGROVE 4060.

GRASSIFIEDS

PUBLICATIONS

FREE TO READERS OF GR 93: a copy of *Now You Can Enjoy Your Pool*, which describes the low cost, low maintenance salt water pool. Also copies of the Aug 1991 update to *Onsite Water Storage & Wastewater Re-use*. Send 2 stamps to Lloyd Smith, MULLUMBIMBY 2482.

'THE OWNER BUILDER MAGAZINE'. Want to be a successful owner builder? The *Owner Builder* magazine has plans, money saving ideas, advice & articles on successful owner builders. The *Owner Builder* magazine is available from newsagents or by subscription. \$21 for 6 issues. For more info write PO Box 974, BENDIGO 3550.

'MAKING MONEY AT HOME'. Let me tell you how. It's simple. It's EASY. \$10 posted. S F Hill, Hill Valley, LIGHTNING RIDGE 2834.

'SEPTIC TANKS' *How to Install, Build & Maintain an Existing One*, easy-steps booklet. Don't desludge, treat the cause not the effect \$15. H G Stephens, C/- PO Box 18, EAST MELBOURNE VIC 3002. Ph: 03-510-3192, 066-49-2704.

BOOKS ON FARMING yabbies, ostriches, deer, agroforestry, fruits, nuts, berries, plant propagation, hydroponics, cut flowers, herbs, plant oils, poultry, worms, ferrets, rabbits, organics, other alternative enterprises, horticulture & agriculture. Regular specials now avail. Please send SAE for a list to Country Life Books, Cornish Rd, ARDMONA 3629. DAIRY, GLUTEN & sugar free recipes. This booklet give you alternatives to these often problem foods. Send \$7 for booklet & postage to L Todd, 17 Birt St, BLACKWATER 4717. SCIENCE FICTION, sorcery, warriors, ancient history, books, comics, free catalogue. S Owen, PO Box 92, ISLINGTON 2296.

FREE SAMPLE COPY: of full colour, 60 p, quality textile magazine *Textile Fibre Forum*. This publication covers all textile arts in the Australian region & incl NZ plus an international component. Subscribe for \$17.50/yr, or send NOW for your free sample issue to PO Box 38, THE GAP 4061. A truly exciting magazine.

CONTACTS

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your advertisement.

WANTED, FEMALE TO 45 YO, good sense of humour, with money, by 43 yo Leo, 5'8, 70 kg, olive complexion, carpenter. Living on 40 ac, will relocate if necessary. G Laczk, C/- PO, SOUTH GRAFTON 2461.

DEADLINES: GR 94 - OCTOBER 23RD
GR 95 - DECEMBER 18TH

THE MAN FROM SNOWY RIVER would have been my perfect match. The high country, it's beauty & wilderness, wild horses, cattle, an old homestead & working the land. I'm a pioneer girl at heart, 5'4, slim build, hazel eyes, olive skin, light brown hair, a young looking attractive 40 going on 25, a working girl, secretary/girl Friday, honest, caring, good sense of humour & true blue. I love children, animals & nature. My horses, dogs & cat are my family. My interests include horses, racing, rodeo campdrafting & cutting, gardening, country music & singing, fishing, camping to name a few. I am house proud & enjoy cooking. If the Man from Snowy River sounds just a bit like you and if you love your horses and the land the way I do, then like Clancy of the Overflow take a pen in hand & write this pioneer lady & send it overland. Photo appreciated. Marilyn (GR 93), C/- PO Box 242, EUROA 3666.

TRAVELLING NORTH the alternative way later '92/early'93 - flexible times. Seek Sydney based travel companions to meet/exchange ideas. Me: Earth woman, 24 yo, enjoy music, reading, playing etc. Hope to work/stay on organic farms, camp, live communally, perhaps buy travel van. Seek practical dreamer(s), intelligent, humorous, perhaps creative, peaceful yet party loving flower children, like me! Lets head for strawberry fields forever! Write Kate (GR 93), C/- PO Box 242, EUROA 3666.

ANY LADY, nonmaterialistic, loving, passionate, caring, gentle, sought by very youthful 59 yo gent, fit, tall, slim, blue eyes, sensuous, loving, enjoys togetherness, cuddles, touching, outdoors, music, homeloving, peaceful, not pubs or clubs. Write JWR (GR 93), C/- PO Box 242, EUROA 3666.

FEMALE HOUSEMATE & COMPANION required to share lovely property close to lge country town with healthy, active, independent woman in mid 50s. Jo (GR 93), C/- PO Box 242, EUROA 3666.

FUN, SLIM, PROFESSIONAL 35 yo, 5', woman, n/s, with wide interests including windsurfing, swimming, gym workouts, music, good food, the arts (dance, art, plays), spiritual growth, desires to meet Sydney based man, 30s, physically active, preferably professional, involved in spiritual growth, fun, with wide interests. Write JT (GR 93), C/- PO Box 242, EUROA 3666.

SINCERE, NEVER MARRIED, refined, Christian Filipina lady, 37 yo, seeks friendship &, if compatible, view to marriage. Enclosed picture would be fine. Please reply to ABR (GR 93), PO Box 242, EUROA 3666.

MALE, 27 yo, 5'8 1/2, n/s, n/d, vegetarian, naturopath/herbalist. Sabbath keeping Christian (nondenominational), follows truth rather than tradition. Enjoys country living, gardening, Bible study, bushwalking, etc. Seeks lady of similar views for friendship with view to love & sharing for life. John, PO Box 513, COFFS HARBOUR 2450.

WIDOWER, 40 YO, seeking lady 30-40 with GR ideals. I, like so many GR readers, am committed to a 'not so perfect' lifestyle. I am hoping to find a soul mate with which to share dreams & work together in order to achieve them. I am a s/d, n/s, passionate & understanding, very reliable & trustworthy. Likes: craft, woodturning, natural bush, 60s & 70s music, animals. Dislikes: smoking, pubs, discos, would-be intellectuals & pretenders. Write to Peter, Blue Mtns (GR 93), C/- PO Box 242, EUROA 3666.

SOUTH-WEST RIVERINA. Financially independent female, 5'10, 35 yo, mother of 2, seeks a tall, gentle & practical man, aged around 30-38. He would be emotionally stable, like kids & love life. He would be nonreligious, intelligent, enjoy country living & be capable of caring deeply. I am intelligent, reasonably attractive & emotionally strong. I still believe in honesty, & I yearn for the gentle warmth of shared laughter, & for a deep & abiding love. If you're looking for a loyal & passionate woman to share your hopes & dreams, please write. No bigots, drunks or football fanatics. MG (GR 93), C/-PO Box 242, EUROA 3666.

GENTLEMAN, SMALL PROPERTY mid nth coast NSW seeks country lass, or young couple, rural skills. Ample reward. Separate accom available. Reply Mat (GR 93), C/- PO Box 242, EUROA 3666.

AM NO TOM CRUISE, but a slim, fit & healthy 28 yo male, citizen of the planet Earth, who tries hard to live an ecologically & environmentally friendly lifestyle. I need a feminine lady to help me be a more caring & loving contributor, someone who tries to learn a little from life every day, who believes in total honesty with herself & with others. She's probably a bit on the shy side, but wants to get more out of life than sitting watching the soapies. I'm a straightforward, bit quiet at first guy with a lot of love to give to my special lady - if only I can find you! Please write to Mark (GR 93), c/- PO Box 242, EUROA 3666.

MALE, 39, GOOD APPEARANCE, separated, intelligent, sincere, sensitive, musician, writer, gardener, romantic, but practical. Seeks a loving, sensuous, altruistic, soul mate, vegetarian, believes in the creator and real values, but not enthusiastic about conventional religions, not coin wealthy, has share in multiple occupancy. You must like children, and nonurban living. I am prepared to relocate. R A Franklin, Lot 24, Gungas Rd, via NIMBIN 2480.

IF YOU ARE A STRONG, reliable, n/s, gentle, Cancerian, loving man with a good sense of humour, who likes to dance, I'd like to hear from you. I'm 46, 5'4, slim, trim & terrific, love beach & bushwalking, gardening, theatre & the arts, wine & conversation, music, lots of laughter & life. Let's talk. Wendy (GR 93), C/- PO Box 242, EUROA 3666.

WANTED ON NORTH COAST, tall, ordinary, 40ish man with a van & a dog. Susan (GR 93), C/- PO Box 242, EUROA 3666.

CONTACTS

NSW

I WANT A WOMAN. I am 59, 6' tall, big man. I like the bush, the peace & quiet. I don't like the cities. I have a caravan. I'm a pensioner, I read the Bible, n/s, s/d if ever, no ties, builder, gardener, caretaker, sheep & cattle. I like the birds & the animals & watch the sun go down. I just want a good woman. If you're established I don't want your wealth, I just want you, yourself, n/s. Beuan, C/- PO, WINGELO 2579.

CHRISTIAN GUY, 40, slim, 5'11, interested in alternative sciences, crafts, ambient music. Seeks like-minded, creative, intelligent lady. Contact Cliff, PO Box 202, BANGALOW 2479.

IS THERE A LADY out there who would like to team up with another lady in owning a house & growing vegies etc? If so, please could you drop me a line or ring 065-625-275 & leave a message & I will ring back. Patricia Reay, Southside Caravan Park, Pacific Hwy, STH KEMPSEY 2440.

AUSTRALIAN MALE, 58, 5'7, average build, n/s, s/d, div, wishes to correspond with a warm, sensitive & balanced woman, 40s to 50s. Should she be also loyal, caring, attractive, well educated & possess a natural sense of humour, all the better. Eligibility for sainthood not essential. Am beginning development of small acreage to allow semi self-suff & permaculture type of living. Block is situated on edge of small picturesque & historic high country village about 3 1/2 hrs drive from Sydney. Lily gliding section: I am amicable, gregarious, intelligent, affectionate, thoughtful, balanced, educated, have good taste & am kind to animals (my application for canonisation is under consideration). Well I do try to be a reasonable & good natured old codger. Will send photos of pastures of heaven & myself patting dog. Please reply Jim (GR 93), C/- PO Box 242, EUROA 3666.

MALE, 43, 5'5, in good condition. Self-employed building contractor. I have a country/city lifestyle on the lower Hawkesbury River, where I have a waterfront house (with water access only). I'm loyal, hardworking & enjoy gardening, beekeeping, arts & crafts, good music, bushwalking, travelling & learning to fly ultralight planes. Seeking a warm, friendly lady (without live-in children), n/s, willing to share an interesting lifestyle. Drop me a line at PO Box 65, BROOKLYN 2083.

WIDOW, GRASS ROOTS, painter, writer, 60 yo, 5'6, 68 kg, former teacher & business director wishes contact with financially independent, n/s, mod/d, nonreligious, healthy gentleman, outdoors elective pursuits, bushwalks, communicate. German descendant, farming stock - NSW preferred, loving, warm, down-to-earth. Address to 'Addie', 8A/103 Junction St, NOWRA 2541.

VEGETARIAN? AFFECTIONATE? N/s? 45-55? Love life, people, the planet? Please write heaps to happy, healthy, huggable, thinking woman building in mountains. All answered. PO Box 850 TAREE 2430.

GRASSIFIEDS

ANSWERING AN AD?

Please put each letter in a separate, stamped envelope addressed C/- GR. We will re-address and forward it.

IS THERE A GENTLEMAN out there who would like to meet a n/s, s/d, mostly vegetarian lady of 55 whose interests include walking the dogs in the bush, bird watching, sheep dog trialing, horse riding on trails, tennis, squash, golf, swimming, classical music, jazz, folk & Australian country music? Have cottage in country to share now, or later, yearning to grow own vegies, trees & flowers. Plenty of space & sheds for soul mate with hobbies. Jacky (GR 93), C/- PO Box 242, EUROA 3666.

I'M AN ADVENTUROUS, 35 yo male who feels full of life & I am looking forward to meeting a lady 25-35 of slim to med build, who is self-assured, adventurous & sensitive, with a wild, free spirit. I'm a city person who loves the bush & the beauty that abounds in it. I enjoy painting, dancing, tennis, camping & running. I'm a builder, n/s, & I would like to meet GR people & work within that lifestyle. I would be pleased to hear from a city person who has a yearning to find a more fulfilling lifestyle than the 9 to 5 mentality & its lack of spontaneity. I believe in a simple beauty that comes from within & I will enjoy corresponding with people who feel good about themselves. Please write to Dave (GR 93), C/- PO Box 242, EUROA 3666.

PISCAN LADY, young 42, 5'2, 12 yo daughter, n/s, s/d. Interests include walking, country living, movies, music, gardening, reading, + many more. Am creative, sensitive, honest, caring, cuddly, sensual & a good outdoor worker. Seeking gentle, quiet, honest, sincere, fun loving, sensual, n/s man to 43 yo, with similar interests for friendship possible future r/ship. Children welcome. Cuddles (GR 93), C/- PO Box 242, EUROA 3666.

WRITER, FEMALE, wishes to contact lesbians, or bisexual women for research towards book. Totally sincere, privacy respected. Author (GR 93), C/- PO Box 242, EUROA 3666.

ACTIVE, RETIRED GENT in 50s, building a home in Blue Mtns, seeks woman for company & possible perm r/ship. Interests include home & outdoor activities. Write H S (GR 93), C/- PO Box 242, EUROA 3666.

NSW TO NEAR BRISBANE area to Sunshine Coast. Mature gent, youthful, active, requires accom in communal lifestyle in private home or commune, or hear from like-minded singles or couples to form commune full-time or weekends & holidays. I grow vegies organically, like sunbathing, walking, healthy lifestyle, based on correct diet, massage & relaxed & peaceful surroundings, s/d only, n/drugs. Johnny (GR 93), C/- PO Box 242, EUROA 3666.

PLACING AN AD?

See page 68 for details.

GRASS 78 ROOTS

SINGLE MALE, 30 yo, attractive, very fit, hard worker, living on beautiful 200 ac retreat in the mtns of the New England Ranges. Seeking free spirited, attractive, slim lady in her 20s to early 30s to form loving friendship & hopefully in years to come a beautiful family. I love animals, music, camping, canoeing, gardening, eating well & would like to become more self-sufficient. Wish to exchange letters & photos. JC (GR 93), C/- PO Box 242, EUROA 3666.

COUNTRY GIRL, GOOD LOOKING, 40, on parent's sheep farm, wants a relationship with a single guy without tattoos on the body. I hate tattoos on guys. I hope there is a single guy between 32-42 with sense of humour who would like a r/ship with me and is interested in a r/ship with me. Write Elisabeth Stampfli, 'Bernina', CAPERTEE 2846.

GENT, AUST, 49, Libra, fit, n/s, n/d. Would like to meet lady who can live country style, self-suff, who would like to be treated as a 'lady'. Hobbies: gardening, cooking, home renovating, dancing, fishing. Would like a lady who could work with me & build a love affair around our home. Mr Peter Coutts, 'Nishapur', Main Rd, Sandy Hollow via MUSWELLBROOK 2333.

SCORPIO MAN, 42, slim, fit, healthy, sensitive, affectionate. Loves nature, hugs, laughing, bushwalking, animals. Seeks similar soul mate to share life's adventures in honest, caring, supportive r/ship. RM, PO Box 195, COWRA 2794.

QLD

HI. My name is Kerri & I am 34. My interests incl astrology, tarot, gardening, walking, cooking & the beach. I am interested in meeting a man with similar interests. Please write to PO Box 9, MERMAID BEACH 4218.

MALE, fit, 'young', active, middle age professional, n/s, s/d. Reviving interests in outdoor activity, arts, culture, spiritual growth (Christian) & intellectual exchange, would like to meet the 'right', slightly unconventional lady to share mildly alternative lifestyle, in Qld. Check him out & have a low cost, no obligation holiday in central Qld at the same time. Development of a closer r/ship would be by *mutually agreed* follow-up visits or correspondence. Sml, 'house-trained', non-violent children can also be accom. Jack, PO Box 457, ROCKHAMPTON 4700. Ph: 079-332-006.

'HARMONY FRIENDSHIP CIRCLE' magazine putting you in touch with natural friends interested environment, alternative therapies & a healthy stress-free lifestyle. Write today. PO Box 555, MALENY 4552. Ph: 074-942-626.

FRUITARIAN LADY, 56 yo, separated, 5', slim, Italian origin. Interests: swimming, nature walks, f/trees, animal liberation, camping, exploring. I am quiet natured, like solitude, silence, uncomplicated, ordinary & joyous, easy to be with, not religious. Looking for r/ship based on friendship & caring. Jane (GR 93), C/ PO box 242, EUROA.

CONTACTS

QLD

AUSTRALIAN GENT 47, n/s, n/d, living near Cairns nth Qld, wishes to correspond with slim & genuine female perhaps 30-40 yrs. View to r/ship, children welcome. Interests incl water-skiing, native wildlife, producing chemical-free food & good family life. I am a workaholic. If you have interest in aquaculture, herbs, organic food production in a rainforest environment & prepared to work for our mutual benefit, take a chance & write to Ross. PO Box 251, RAVENSHOE 4872. Photo please.

SUNSHINE COAST HINTERLAND. An easy-going 51 yo male with no ties, no hang-ups would love to share his beautiful acreage & home with a slim, feminine lady to 48 who can relate to a rural GR type lifestyle. It would be preferable if she had no ties & didn't smoke. Please contact Rod Evans, C/- PO, LANDSBOROUGH 4550.

LOVING, healthy, attractive, stable male, 40 years young, owns house in country, would like to have perm/caring/r/ship with n/s lady 25-35, any nationality most welcome (Aust resident). Reply with photo please. Patrick Gil, Lot 2, McClelland Rd, BARKERSVALE 2474.

FREE SPIRITED MAN, 40, sole parent, experienced, grown, seeks soul mate & true love, woman, 20-50, who's not just after money & security. I love rap music, astrology, tarot, yoga, inner space, freedom. Own bush retreat, Beloved, PO Box 618, MOSSMAN 4873.

LEO LADY, 50, seeks intelligent, caring man for perm/r/ship. Interests incl country life, animals, classical music, travel. Living far nth Qld coast. Reply LMR (GR 93), C/- PO Box 242, EUROA 3666.

SCORPIO MALE, 65, slim to med build, 5'7, n/s, n/d, no meat. Fit, healthy, active, caring, quiet personality. Environmental & spiritual aware. Enjoys the arts of gardening, growing fruits, herbs. Interests healthy, self-suff lifestyle. Many others in all its aspects to the above. Would love to share life with honest, sincere lady, preferably with own land in mtn country. If compatible please reply to Leo, (GR 93), C/- PO Box 242, EUROA 3666.

LONELY 27 yo single father with 2 lovely children, looking for lady 25-30, kids OK, with outgoing personality, fun loving nature & warm heart. For perm, loving, caring r/ship. Write John (GR 93), C/- PO Box 242, EUROA 3666.

LADY, 37 with a boy 13, living Bayside Island Brisbane, seeks the company r/ship of a caring understanding man. I'm a n/s, s/d, 5'6, educated & down-to-earth. Joanne (GR 93), C/- PO Box 242, EUROA 3666.

LADY, early 40s, div, 2 teenage children, living SE Qld, 167 cm, slim, attractive, brown hair, hazel eyes, n/s, s/d. Likes, bushwalking, romantic dinners, travel, the sea & reading. Would like to meet caring, sincere & affectionate male. Please reply. Fran (GR 93), C/-PO Box 242, EUROA 3666.

GRASSIFIEDS

DEADLINES: GR 94 - OCTOBER 23RD
GR 95 - DECEMBER 18TH

CAPRICORN COUNTRY man, retired, SE Qld, 72 cm, slim, n/s/d, brown hair. Seeks short, slim, country lady to 50, any nationality, interested gardening, romantic homelife, exploring. Replies all answered. Ted (GR 93), C/- PO Box 242, EUROA 3666.

GENT 59, n/s,s/d, retired, own home & car, living gold coast hinterland. Single, unattached. Hobbies gardening, fishing, classical music. Seeks lady for perm/r/ship, living NE NSW or SE Qld. Reply P B (GR 93), C/- PO Box 242, EUROA 3666.

SA

PAM SEEKS unattached male, 50s, for organic market-gardening business venture, tenants in common. Must be lover of the soil, industrious, clean, honest, n/s, intelligent, stable, respectful, sense of humour, kind, self-motivated, conventional Christian. Like NE Vic & Sunshine Coast Qld. Pam (GR 93), C/- PO Box 242, EUROA 3666.

NT

YOUNG, 28 yo male, seeking someone to share what I want to share & be happy with it. Thomas (GR 93), C/- PO Box 242, EUROA 3666.

PISCAN MALE, 26, n/s, moderate/d, uni-educated professional. My office is the outdoors. Own tropical house, enjoy conversation, music, passion for travel & other cultures. Seek companionship of very/feminine, romantic lady to share with. S (GR 93), C/- PO Box 242, EUROA 3666.

TAS

TASMANIA. Is there a gay guy out there in his 30s who has led an alternative/hippy lifestyle, but hasn't found his partner yet? I am 37, living on my own property in nth Tas & am looking for someone who is practical, into gardening & down-to-earth, to share lifestyle with. Reply to M (GR 93), C/- PO Box 242, EUROA 3666.

VIC

MALE, 30, tall, slim, very shy & quiet, GR sympathetic but happy in city lifestyle, seeks independent career or working woman 25-32, within 200 km Bendigo, n/drugs, health conscious, no ties, PO Box 1097, BENDIGO 3550.

MAN 31, looking to meet girl 18-30 for friendship & travelling partner to Nepal in '93. Girl with children OK. Contact John Dunstan, 4 Albert Ave, AIREYS INLET 3221.

CREATIVE, gentle, sincere, unattached shepherd, 35, n/s, n/d, seeks genuine, caring, sensitive, unattached lady, 22-35, n/s, n/d, for communication, friendship & sharing of life. My interests incl reading, farming, gardening, swimming, praying & many more. Please write to: John Cellante, Northern Hwy, BYLANDS 3762.

MALE, 43, Taurus, single, 183 cm, 80 kg, n/s, s/d, loves all things GR. Fast approaching retirement & seeking a female companion to share my dream of quiet life in nth Vic. Do you too love trees/veg? Reply 'Spuds' (GR 93), Box 242, EUROA 3666.

QUIRKY, independent man, 26, gentle & sensitive, seeks similar woman for possible r/ship. Into politics - personal, domestic & global (dislike parochialism). Love compassionate people, creativity, nature & hugs. Prefer someone maturish & a bit assertive (say 20-40). Rowan (GR 93), C/- PO Box 242, EUROA 3666.

MALE 56 yo, div, 5'8, active, pantheist, enjoys outdoor life, music, reading. To leave prof career. This is a projected energy, to reach a woman, who has married, raised children & who knows that companionship is learning & growth. She knows humour, healing & synchronicity. She is a creator & lives in the moment. She is aware of the love of self & others & of the outcome of this, n/s, up to 58 yo. Peter (GR 93), C/- PO Box 242, EUROA 3666.

EUROPEAN FEMALE, attractive, intelligent, warm, 50 yo. Likes good conversation, books, music, art, travel & nature. Seeks caring male. Must have sense of humour, be uncomplicated & financially sound. AR (GR 93), C/- PO Box 242, EUROA 3666.

MALE, early 40s, seeking single female who likes animals & is compassionate, who would be interested in self-suff type of lifestyle, n/s, n/d, interested in our environment & healthy living, friendship, if suitable possible r/ship. FN (GR 93), C/- PO Box 242, EUROA 3666.

GAY GUY, 33, n/s, mod/drinker, seeks other guy similar age. My interests are cooking, music, bushwalking, camping, nature nudism & quiet nights at home. My outlook is quiet. Photo would be appreciated. Write Brian (GR 93), C/- PO Box 242, EUROA 3666.

WOMAN, 50, div, living in Bayside Melbourne, would like to contact woman, for friendship, 45-55 yo. Interests: art, music, books, travel & nature. AR (GR 93), C/- PO Box 242, EUROA 3666.

MELBOURNE woman, 49, sincere, sensitive, spiritual, outgoing, & outdoor type. Likes gardening, hiking, beach, music, dancing, travel. Seeks European man with sense of humour. Alice (GR 93), C/- PO Box 242, EUROA 3666.

WOMAN, 50s, lively, warm, nice looking, romantic, bit green, rather left, interested in country lifestyle, n/s, s/d, seeks friendship with sincere, tolerant, sensitive man around own age with good sense of humour & adventure. Bushwalking, exploring, dining, films, music. Lina (GR 93), C/- PO Box 242, EUROA 3666.

MALE, 49, 5'10, 70 kg, n/s, l/s/d, div, non religious, living Swan Hill area. Practical, kind, loving, considerate. Enjoys gardening, fishing, local travel, poultry, music, reading, most GR type activities. Seeks sincere, caring, down-to-earth, 38-48 lady with similar interests. Need companion/lover/friend to share my life with. Write A (GR 93), C/- PO Box 242, EUROA 3666.

CONTACTS

VIC

ENGLISH SAGITTARIAN male, single, 38 yo, 5'5, 145 lb/65 kg, n/s. Not big in male side of things but would like to meet a slim, understanding, sensitive, affectionate, single lady, age open. I love animals, kids, country life, drives, old movies, frosty mornings, staying home, starlit nights, full moons, open fires. Hope to find someone who feels like I do, lost in a big world. Please write to Jeff (GR 93), C/- PO Box 242, EUROA 3666. Ph: 03-720-7464.

MELBOURNE MAN, retired, romantic, robust, respectful, reliable, recently widowed, gentleman, outgoing personality, actively engaged in music, seeks lady for full loving r/ship. PO Box 264, HEIDELBERG 3084.

ATTRACTIVE SINGLE MUM 30, daughter 7, seeks easy-going, attractive honest, caring, loyal, healthy, 1/d, n/s, guy for perm/r/ship, 27-30, genuine replies only. Please write to T Greenhill, 52 Williams Rd, WANGARATTA 3677.

WANTED, father figure to share occasional recreational pursuits on a one-to-one basis with needful 12 yo boy. Please reply PO Box 47, EUROA 3666 or Ph: 057-953-772 ask for Sue or 057-952-325.

GRASSIFIEDS

SINCERE LADY wishes to correspond with sincere gentleman 60-70. Interested in all sports, have travelled to many parts of the world, been involved in public affairs, farming & like socialising & clubs. Only sincere gentlemen answer, photo please. Janet (GR 93), C/- PO Box 242, EUROA 3666.

QUIET, honest, 47 yo, male (Cancer) 5'8, well built, looking for cuddly lady to 55, GR interests, to share my life. Write Willie (GR 93), C/- PO Box 242, EUROA 3666.

NZ

YOUNG, 35 yo, man, vegetarian, slim, honest, gentle, dedicated, creative floral & organic gardener, interest incl painting, cycle touring, earth thatched cottages, seaside, flower hybridising, herbs, Cornwall, game designing, wishes to meet, correspond, marry, a woman, any nationality, anywhere, any age, who is honest, dedicated, loving & is interested in helping to build a lovely r/ship & an environmentally friendly thatched cottage with lots of colourful & interesting things in it, cycle tour the world, create a beautiful organic garden & home. Please write to Huntly, C/- 6 London Terrace, PALMERSTON NORTH, NZ.

MALE, 30 yo. Gentle, sensitive, seeks lady for companionship with view to long-term r/ship. Many interests. Please write to Philip, 54 Palmerston St, Greymouth, WEST COAST, NZ.

OTHERS

MALE, 18 yo, Chinese Filipino, would like female penfriend about same age. Interest incl reading, science & helping in family business. Johansson Chua, 68 Trer Borcer St, Mabelo, Cebu City, PHILIPPINES.

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AMERICAN single men & women seek Aussies for friendship/romance. Send details, interests to PEN-MATES, PO Box 1796, Fort Lauderdale FL 33302. USA.

FUJI INDIAN girl 20, single, sincere, affectionate, working in Government job, seeks Australian man for a loving r/ship, view to marriage, age open. Yogeshni Mani, PO Box 5247, Lautoka, FIJI.

ANSWERING AN AD?

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Feedback Link-Up Feedback

Dear Readers,

I have been reading GR several years now and thoroughly enjoy each edition. Originally I had many queries, but found with each copy someone had the answer or there was an article covering the topic. If everyone did this there'd be no Feedback-Linkup. Just as well not everyone procrastinates. I find I am left with one unanswered problem (for the moment). Do any of you own a SUNFROST SOLAR POWERED REFRIGERATOR? I would like to hear from owners on what they think of their performance and if they would buy one today knowing what they know now. How the cabinet is wearing; whether formica or timber etc as we are considering buying. Replies from all states, but particularly the far north, would be appreciated.

Dianne Miller
PO Box 446, COOKTOWN 4871.

Dear Grass Roots Readers,

My father has property at Gin Gin in Queensland and is having terrible trouble with SANDFLIES, does anyone know how to deter these beasts and why they are so prolific? Are there any trees and plants that can deter them? I'm also very interested, along with a reader last issue, on making homemade sausages with fresh and smoked meats. I wonder if someone could write and publish the procedure.

Finally has anyone heard of the 'Options 3 Programme'. I'm interested in obtaining some extra cash for my special place in the country and have heard this is a wonderful way to do it. Many thanks for hours of enjoyment.

D B Castle
NARRE WARREN 3805.

Feedback Link-Up Feedback

Dear Friends,

My family and I have finally realised our dream and bought a hundred acre block hoping to become self-sufficient. It takes a lot of hard work and time but we'll get there one day. We are just starting out and would love to hear from any GR readers who may have some ADVICE and forewarn us about the pitfalls. I would also love to hear from anyone who is interested in metaphysical and spiritual studies, psychic experiences and near death experiences as I have been studying these subjects for many years and would love personal feedback and perhaps a penpal who has similar interests. All letters will be gratefully received and answered.

Jacki Guffogg
'Gramarye', Via MALLANGANEE 2470.

Dear Grass Roots Folk,

Since my letter published in GR 87 about using KERO ON WEEDS has excited some interest, I thought I should clarify some points. I was trying to be brief, so some people may have received the impression that I was spreading kerosene about my backyard with gay abandon, or that I wasn't trying hard enough to eradicate cestrums and groundsel by digging it out. Well, anyone who has tried to do any digging in our backyard with its heavy clayey soil (which is also liberally strewn with large lumps of schist everywhere you put a spade or fork in) would know what a task that is. Also on the side of our garden where we have trouble with these weeds our neighbour has a lovely conglomeration of mango, cassia, Portugese elm and poinciana trees, which compound the difficulties with their invasive root systems.

Some letters I received (and some were none too friendly) suggested I should use glyphosate weed killers (Zero family), as they were completely harmless. I don't know about that claim. A couple of years ago I read an article which suggested that these chemicals were not fully tested as to their claims of being 'totally safe'. Whether or not they do live up to their claims, I know from giving them a go a few years back, that I had rather bad headaches and other side effects for a few days after using them. Also the aforementioned neighbour can often be seen spraying Zero all over the place (Once on a windy day, smoking at the same time, wearing thongs and a short sleeved shirt!), often the plants in our yard suffer the consequences and so do I if I happen to be outside while this is going on.

So back to the way I use kero. No, I don't pour it all over the plants, thereby soaking the soil. Nor, as Colin Franklin warned, was it used in the area devoted to the veggie garden. In my first letter I stated that I cut the weeds off about 3 cm from the ground and wait for them to sprout. I think I may have then said I then poured kero over it. So to clarify; I then take a small bucket and a piece of sponge and literally drop by drop trickle the kero on the leaves. The leaves become opaque, so I surmise the kero cuts off the oxygen supply and the plant dies. Sometimes I have to go back and do a second application, but generally one application is sufficient to loosen the roots enough for me to pull them up, and not have to dig a huge hole in the process.

As I said, I received some comments attacking me for not being 'pure' enough. I feel that the whole alternative movement is in danger of becoming extremely holier-than-thou and alienating lot of people in the process. We must all, as a race, become more tolerant of each other.

Helen Danekins
25 Argyle St, RED HILL 4059.

Depending on the type of garden you are developing and what is already growing there, you may be able to overcome the problem by developing a no-dig garden. Simply cover the whole area, weeds, rocks and all, thickly with sheet mulch (newspaper, cardboard, carpet underfelt) and build up layers of organic matter (compost, manure, straw) in which to plant your garden. Good luck.

Dear GRs,

Perhaps someone can help me. I have several mulberry trees in my garden, but my last batch of SILKWORM EGGS didn't hatch. I have tried locally to find some, to no avail. Would anyone know where I can obtain a good quantity for next season; September?

L Holm
9 Heather St, WOODRIDGE 4114.

Dear GR Readers,

Our plans have changed since my last letter, and we are hoping to move to Brisbane around Xmas time, instead of Corowa. If anyone would like to give me information or advice on BRISBANE I would be grateful, especially on schools, and where the cooler suburbs are and healthiest areas (I believe they do a lot of spraying for mosquitos in certain areas).

I am not able to get free photocopying anymore, so if anyone is interested in information on immunisations they may have to write first (SAE please) and work out the cost. To those people still waiting I'm gradually working through the pile of letters!

To the people wanting information on COFFS HARBOUR, please carefully check all information on spraying of chemicals in that area. If you send an SAE to Mr Harry Collins, C/- PO, Panton Hill 3759. He may have more information for you.

Mrs Kim Hynes
30 Stony Crk Rd, WARRANDYTE 3113.

Dear Grass Roots Readers,

Our Canadian friends are requesting plans of a SETTLER'S (Squatter's) CHAIR. We would be very grateful if anyone could help us please. We are willing to pay for suitable plans.

Mrs Ron Warfield
15 Edson St, KENMORE 4069.

Dear Readers,

My first letter to GR is to ask for any information and/or advice re moving to the ATHERTON TABLELANDS. I have only heard good things about this area and my soon-to-be-husband and I are planning on buying a small farmlet with a livable dwelling. Michael is an invalid pensioner but he supplies the brains and I will try the brawn. Anyone living in this area who has advice on local information, land for sale etc. I am more than happy to correspond. We would like power and water to our block and distance from main towns is not a problem. We have both lived all over Australia. I have lived in Shepparton (GR birthplace), but we prefer the warmth and all that goes with it.

I thought I'd pass on my father's CURE FOR HICCUPS which never fails to relieve and surprise. Take one tablespoon white vinegar, result, hiccups gone!

Iris Cheverton
66 Webberley St, MACKAY 4740.

Dear Editor,

In GR 90, my letter regarding where and how I could obtain a copy of *The Fragrant Pharmacy* was published. Because of the many replies I received it is impossible to thank them all personally. So I would like to take this opportunity to thank all those readers who wrote and phoned. I am happy to say I now have a copy of the book.

G Magro
3 Nissen Crt, ALTONA 3018.

Dear GRs,

Yvonne Conyers: The ideal thing for you to use for dye rinse of the grey hairs which definitely won't aggravate your sensitive skin is HENNA. You can get different colour dyes and shades depending how long you leave it on your hair. About one-two hours would be sufficient to colour grey hair. Henna is mixed with warm water so it forms a paste, it looks and feels like mud and has a natural colouring result which adds lustre and life. If you USE ANTIBIOTICS every now and then as a result of sensitive skin try taking *Lactobacillus acidophilus* and *bifus* (health shops) in capsule or powder form to establish normal function of bowel and digestive system as antibiotics upset the homeostasis of the bowel.

Rachel Maunder
55 Mt Gravatt Rd, Mt Gravatt 4122.

Dear GR Readers,

My apologies to those of you who followed the instructions to clip the ad in GR 92 p 76 for a free copy of *Now You Can Enjoy Your Pool*. Several said they would like the book but didn't want to mutilate their GR. The offer is being extended without any strings attached.

Lloyd Smith
Wilsons Crk Rd, MULLUMBIMBY 2482.



Gumnut Gossip

by Megg Miller.



No one today can afford the easy spending of previous years, even the general public has realised this. Sadly many people don't know what to do about it. The need for alternatives to costly consumerism has become so great that the media has recognised this and is trying to do something about it. Their field of expertise encompasses mainstream living and so they've had to turn to the alternative network for information and in particular to *Grass Roots*. 'We want to talk with people whose lives are unaffected by job security and unemployment figures...' Lots of our readers fit this description, including Judy and Ron Clark from Queensland. Their stories have frequently appeared in the magazine.

'A bit of news you may be interested in', wrote Judy recently, 'is that as a result of our articles in GR we have been approached by local newspapers and television for stories about our alternate lifestyle. Two Ipswich newspapers ran stories and a reporter for Channel 10 Brisbane heard of us and arranged an interview for a segment called *The Road Ahead*. All this due to GR! The interviewer was very interested and produced a story on our life without mains power and the way we cope. To us it's just everyday life and we can't see anything newsworthy about it, but from the feedback we've received we're not just the norm. I think our lifestyle may have appealed to quite a few people because the main text of the story was about living without a mortgage.'

It's obvious no one can predict when the economic downturn will come to an end. Because of this it may be necessary for society to change its expectations of what constitutes a happy life. Many of us have made this adjustment already even if we're not living quite as self-sufficiently as Judy and Ron. The initiative and practical skills we each display sets us apart from those who are so overwhelmed they can do little but sit and hope for an external force to save them. I think we all know people like this and feel for them. Those living by do-it-yourself principles are resource people and can expect to find others in the community looking to them for direction, skills and to join a network of like-minded souls. Not surprisingly this is why our Feedback section is so extensive and why names and addresses are included. There are many books around containing useful information but they are often a poor substitute for personal experience and support. You may recall a short article in the last issue by the Stock Camp Cook in which he mentioned that a letter in a previous GR had brought replies from all over Australia. At the time of writing he had received over 600 letters – an incredible response! Perhaps this is an indication of people's increased need for one another when times are tough and a positive example of how GR can help.

A further reflection of the media's growing interest in DIY culture has been an invitation to participate on a regular basis on a weekly radio programme. In the last couple of sessions we've talked about old-fashioned health remedies and the phones have been jammed by listeners wanting to share their knowledge. It was pleasing that GR readers took the opportunity to ring in with their suggestions and to say hello. The show is hosted by Bernard Lynch

on the ABC Regional Network in Victoria and southern NSW, so if you're in a position to listen to the radio on Monday afternoons at 2 pm it would be lovely to hear from you.

Still on media coverage of topics relevant to us, we were sent a newspaper cutting recently on the problems of moving to the country and found several of the issues it raised very pertinent. The cutting discussed a couple who had moved to their dream acreage then suddenly found themselves victims of the rural recession. Their rosy future collapsed when they were retrenched. With no other possibilities of employment in the area the couple had to abandon work on their house and settle for a caravan. Their future looked precarious without a regular income. Two issues come out of this story that should be considered by anyone contemplating a move to the country. The first concerns the need to look long and hard at employment alternatives. Tough times exist in country areas just as they do in the city and the above situation isn't an uncommon one. Unfortunately it's not always given sufficient emphasis in letters and stories in GR. The article on page 12 of this issue by Anne and John Stille considers the benefits associated with part-time country living and this may be a sensible option for many people. The second issue pertaining to the above story is that of initiative, lots and lots of it. For some people the solution to job uncertainty or unemployment has been to use their initiative to create financial independence by establishing a cottage industry. The story on 'Doing Bed and Breakfast' is one such example and past issues contain others that are both diverse and inspirational. Once again it is important to work constructively to achieve a fruitful life and not just sit back and hope to be rescued.

I have quite an amusing story to finish off with. We've always been aware that the name *Grass Roots* was rather ambiguous, especially in terms of categorising the mag on the newsagent's shelves. Should it go in gardening, hobby farming, craft, or...? No two newsagencies have it in the same spot. A note from a rural reader some months back indicates the title is really open to interpretation. A newcomer to town, she eagerly searched the likely spots on the newsagency shelves when GR was due for release. An enquiry to a member of staff elicited an irritated response of 'Yes, it's on the shelves' with accompanying body language that suggested that you can find it yourself. Despite a thorough search no GR was forthcoming. Our reader finally located it, tucked away at the back of the shop next to men's only reading. She was naturally most embarrassed at having to venture into this section and wondered how widespread this sort of categorising was and the effects it had on our sales. Goodness knows what meaning was put on GR to take it out of the public eye and position it next to girlie magazines. I think we've been considered to contain all sorts of wild and wonderful ideas over the years but never any quite as basic as this. The moral of the story of course is that if you can't find GR in the newsagents put on your dark glasses, pull down your hat and head for the sealed section! Your neighbours are not going to believe your explanation.



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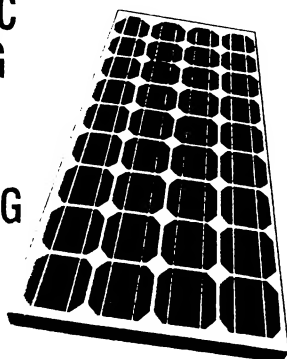
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